

EAT GREEN • LIVE WELL

vegetarian times

November/December 2010 vegetariantimes.com

holiday winners

- **Roasted veggies** with a gourmet twist
- **Reader Recipe Contest** Holiday favorites from around the world
- **Festive** cornbread, gingerbread & more

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sensational
seasonal
recipes

**30-minute
supper salads**
for busy
weeknights



Perfect
Thanksgiving
starter: Winter
Squash, Leek, and
Apple Soup, p. 52

THE ULTIMATE
Thanksgiving menu

from the chefs at Greens, p. 48

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- 1 1/2 cups Lundberg Wild Blend® rice, cooked
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- 2 Tbsp. olive oil
- 1 medium onion, chopped
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- 2 Granny Smith apples, unpeeled, cored, cut 1/2 inch cubes
- 1 Tbsp. dried thyme
- 1 cup vegetable broth or water
- 1/2 cup walnut pieces

Heat oil in large skillet and sauté onion over medium-high heat until translucent. Add squash, apples and thyme and sauté 5 min. Stir in broth. Combine cooked rice, parsley and sautéed mixture into a buttered 9" x 13" baking dish. Sprinkle walnuts on top. Bake 425° for 20 - 25 min. Serves 10.



For more delicious recipe ideas, visit
www.lundberg.com

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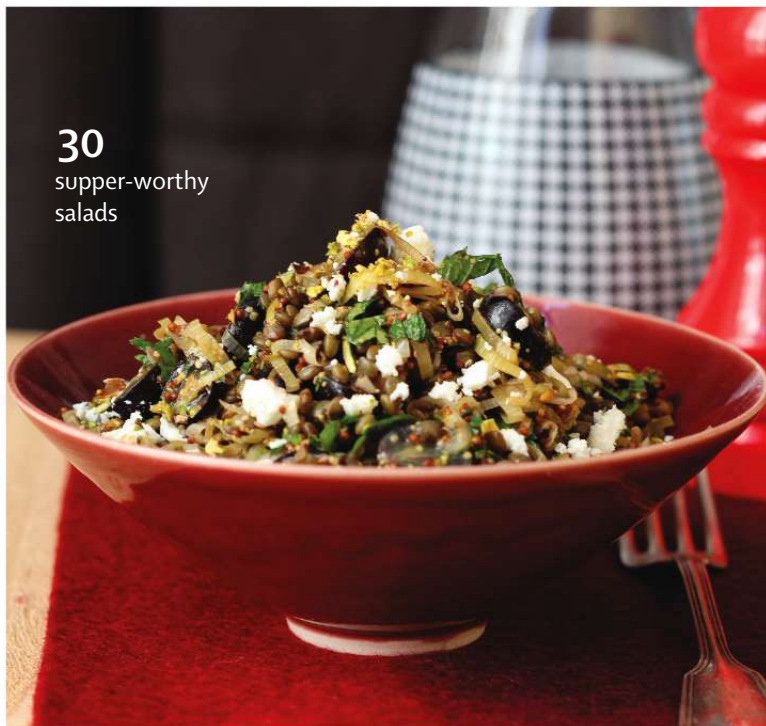
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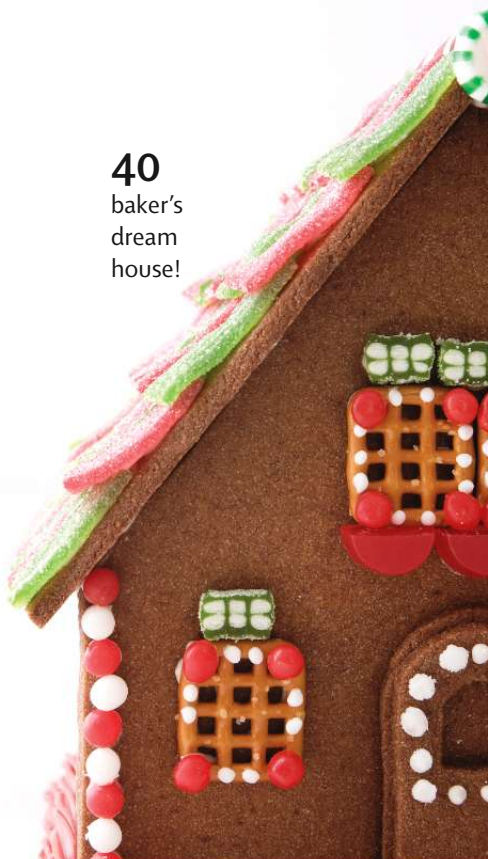
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Food styling by Valerie Aikman-Smith
Prop styling by Dani Fisher



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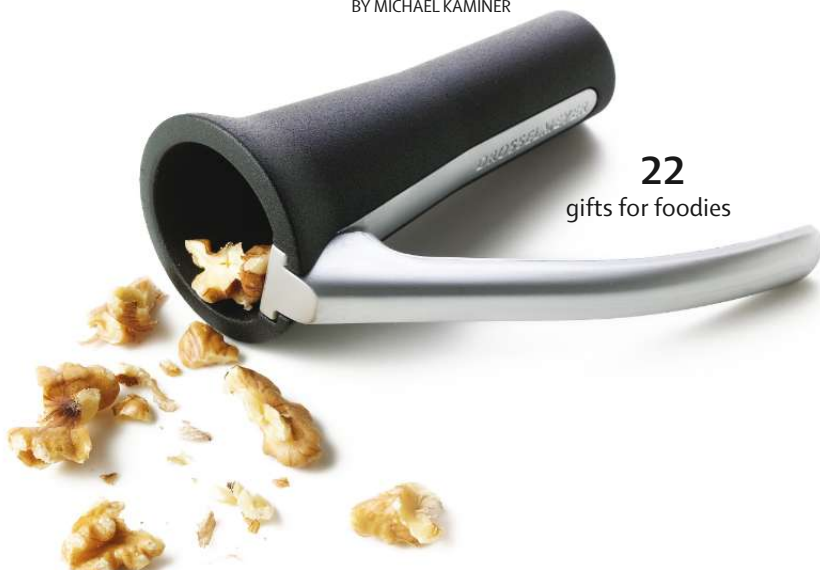
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homemade for the holidays

It's often said that people who love cooking can be divided into two basic categories: cooks and bakers. Cooks tackle savory dishes with gusto and skill. Bakers are more comfortable with batter and dough, and they always seem to know when it's time to pull a cake out of the oven.

This holiday issue is full of recipes to make you a better cook *and* a better baker. In the realm of cakes and breads, we have the winners of our 2010 Reader Recipe Contest ("Holiday Flavors," p. 64).

When it's time to hone your inner cook, turn to "Stock Options," on page 37, for star chef Annie Somerville's guide to making great vegetable stock from scratch. Hot tip: make and freeze the stocks ahead of time so they're ready to go into this year's Thanksgiving recipes, also created by Somerville and her team at San Francisco's Greens Restaurant. "A Greens Thanksgiving," on page 48, includes the as-good-as-it-looks Winter Squash, Leek, and Apple Soup featured on our cover, plus a main course that will inspire cooks and bakers alike: individual Wild Mushroom and Caramelized Onion Shepherd's Pies.

Enjoy!



Elizabeth Turner

POURTRAIT PHOTOGRAPHY: JENNIE WARREN; HAIR AND MAKEUP: DORIT GENAZZANI, USING MAC

what's cooking on vegetariantimes.com

PRO ADVICE **Cooking with Cornmeal** vegetariantimes.com/cornmeal

Learn great ways to cook with cornmeal in all its guises, including how to choose red, yellow, or blue cornmeal and how to match the grind to the menu.

TIPS & TOOLS **DIY Gingerbread Chalet** vegetariantimes.com/chalet

Get more tips on how to put together the Gingerbread Chalet featured in "Sweet Chalet" (p. 40) from baker extraordinaire Nicole Rees. Plus, download a printable chalet pattern.



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Foodie Favorites vegetariantimes.com/sweeps

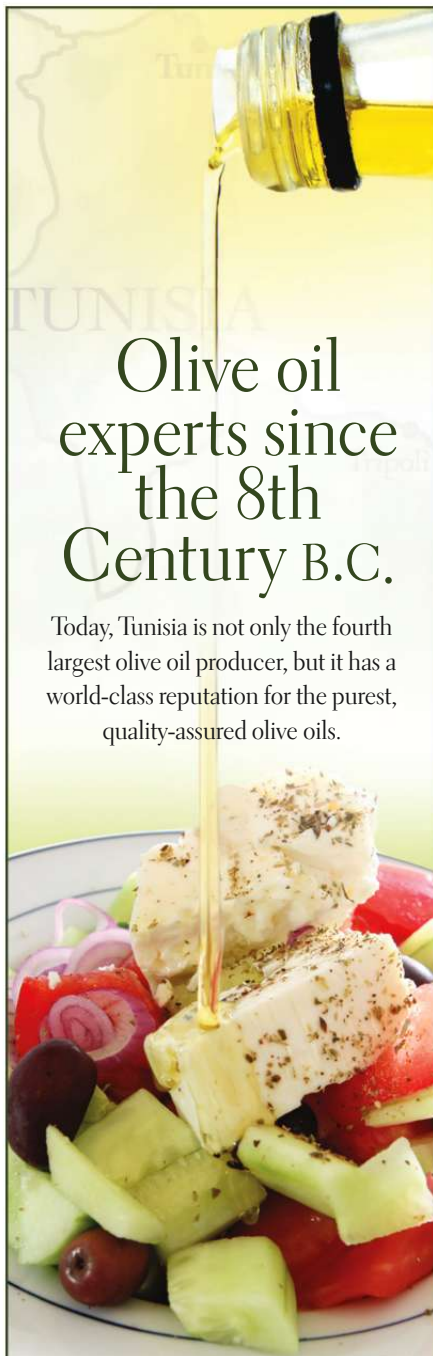
Enter for a chance to win all eight of the editor-selected holiday goodies featured in "Tasteful Gifts" (p. 22).

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contributors

Dani Fisher

Prop Stylist, "A Greens Thanksgiving," p. 48

What did you discover while on this assignment?

My assistant found an amazing new surface for my prop collection in a pile of junk across the street from the studio. I also discovered that IKEA does a great Eames chair knockoff!

What's your No. 1 pantry staple?

Rustichella d'Abruzzo pasta. Pasta with some sort of greens is my go-to weeknight dinner, and good pasta makes a huge difference.

What was your best improvisatory moment in the kitchen?

I improvised a stir-fry sauce based on black pepper, ginger, and hoisin sauce that my boyfriend is still talking about.



Makalé Faber Cullen

Writer, "Homemade Heritage," p. 60

Who or what inspires you most?

An epically long, aimless walk through Manhattan. The walk becomes a series of quick, fleeting inspirations that, collectively, recalibrate me.

What's your favorite piece of cookware?

My Swedish whisk. I discovered it when I lived in Sweden. It's shaped like an L; it has a long handle with the whisk wire wrapped around a horizontal horseshoe at the bottom. It integrates most ingredients better and faster.

What fruit or veggie best describes you and why?

A pomegranate. I like details. I like ornament and pattern. This typically means I drill down on one project, sometimes creating or revealing more complexity than what appears at the surface. Supposedly, the laboriousness of pomegranates has held them back from universal popularity. I can relate, but universal popularity is overrated.

Tami Fertig

VT's new Assistant Editor

Who or what inspires you most?

Hiking and being surrounded by mountains.

What's your most treasured family food tradition?

My parents taught me that it doesn't matter how much you put on your plate, as long as you finish what's there. Sage advice.

What's your favorite piece of cookware?

My blender, for making daily green smoothies. If only it could clean itself.

What was your most memorable dining experience?

A little unmarked restaurant in Rome. The ancient owner cooked whatever she felt like—no menu. Some simple kidney beans tasted more vibrant and bean-like than any I'd ever had. 🌱



FOLLOW YOUR HEART®

VEGAN GOURMET® DAIRY ALTERNATIVES

Angel's Heavenly Vegan Cheesecake

CRUST

1 1/2 Cup
3 Tbsp
3 Tbsp

Graham Crackers, ground
Earth Balance® (or any non-dairy margarine), melted
Unrefined Sugar

FILLING

5- 8 oz. tubs
1 Cup
1 Cup
2 tsp
3 Tbsp + 1 tsp

Vegan Gourmet® Cream Cheese Alternative
Vegan Gourmet® Sour Cream Alternative
Unrefined Sugar
Vanilla Extract
Arrowroot Powder or Cornstarch

Preheat oven to 325°F. Grind graham crackers to the consistency of a coarse flour. In a medium bowl, mix graham crackers, melted margarine, and sugar. Press mixture into the bottom of a 9-inch springform pan. In a large bowl, mix **Vegan Gourmet® Cream Cheese**, sugar, vanilla, and arrowroot powder or cornstarch with an electric mixer until well blended. Add **Vegan Gourmet® Sour Cream** and mix well. Pour mixture over crust. Bake at 325°F for 35 minutes. Cheesecake should be slightly browned and a little wobbly in the center. To decrease cracking, place pan in a waterbath while baking. Cool for at least 6 hours or overnight. Top with your favorite fresh fruit and enjoy!

from the Makers of

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Elizabeth Turner

CREATIVE DIRECTOR

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Mary Margaret Chappell

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ASSOCIATE EDITOR

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ASSOCIATE EDITOR/WEB EDITOR

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ASSISTANT EDITOR

Tami Fertig

ASSOCIATE ART DIRECTOR

Scott Hyers

PRODUCTION DIRECTOR

Cynthia Lyons

PRODUCTION ASSISTANT

Mark Stokes

EDITORIAL INTERN

Sarah J. Montoro

RECIPE TESTER

Fiona Kennedy

EXECUTIVE CHIEF

Ann Gentry

CONTRIBUTING EDITORS

Hillari Dowdle, Gabrielle Harradine

NUTRITION CONSULTANT

Antonina Smith

GENERAL MANAGER

Patricia B. Fox

VICE PRESIDENT, GROUP PUBLISHER, *VEGETARIAN TIMES AND YOGA JOURNAL*

Bill Harper

310-356-2270; bharper@aimmedia.com

PUBLISHER'S ASSISTANT

Lori Rodriguez

Business Offices

300 N. Continental Blvd., Suite 650, El Segundo, CA 90245

310-356-4100; fax: 310-356-4110

EAST COAST ADVERTISING MANAGER

Lorrie Allen, 617-566-8277; lallen@aimmedia.com

MIDWEST ADVERTISING MANAGER

Kathi Magee, 414-897-0377; kmagee@aimmedia.com

TEXAS/COLORADO ADVERTISING MANAGER

Tanya Scribner, 940-387-7711; tanya@scribmedia.com

PACIFIC NORTHWEST ADVERTISING MANAGER

Kathleen Craven, 415-380-9642; kcraven@aimmedia.com

PACIFIC SOUTHWEST ADVERTISING MANAGER

Gloria Biscardi, 310-356-2247; gbiscardi@aimmedia.com

ADVERTISING COORDINATOR

Mary Brahim, 310-356-2272; mbraham@aimmedia.com

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Marketing & Web

MARKETING DIRECTOR

Celine Bleu, cbleu@aimmedia.com

EVENTS & PROMOTIONS MANAGER

John Robles, jrobles@aimmedia.com

MARKETING MANAGER

Ashley Miller, amiller@aimmedia.com

COMMUNICATIONS DIRECTOR

Dayna Macy, dmacy@aimmedia.com

EXECUTIVE EDITOR, WEB

Andrea Ferretti

SALES STRATEGIST, WEB

Caroline Casper

BUSINESS OPERATIONS MANAGER, WEB

Hannah O'Reilly

WEB PRODUCTION ASSISTANT

Allison Blake

Custom Publishing

VICE PRESIDENT, GROUP PUBLISHER

Susan McNamee

303-641-2244; smcnamee@aimmedia.com

MANAGING EDITOR

Lisa Barley

Address editorial correspondence to:

Vegetarian Times, 300 N. Continental Blvd., Suite 650, El Segundo, CA 90245; fax: 310-356-4111

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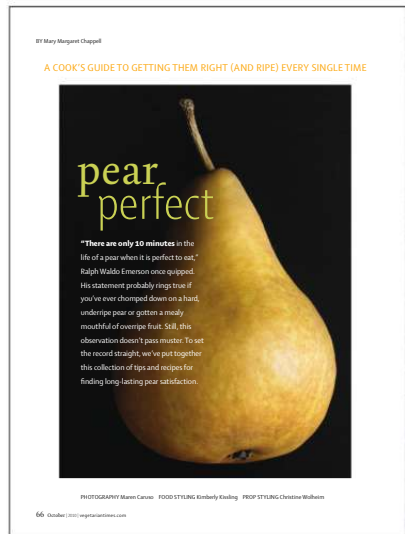
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letters

PEAR-ADISE

Thank you so much for printing a tiramisu recipe without coffee (Prosecco-Poached Pear Tiramisu, "Pear Perfect," October, p. 71). I realize I'm in the minority on this, but I absolutely hate the taste of coffee. Though tiramisu is a dessert I would love, I have always been put off by the coffee aftertaste.

LINDA-ROSE HEMBREIKER | CYPRESS, CALIF.

SWITCH HIT

I tried the Linguine in Lemon Cream Sauce from the September issue ("Primo Pasta," p. 28). I substituted gluten-free pasta for the linguine and dairy-free

cream cheese for the regular variety. Success! It was so good with the Italian parsley from my garden.

BESS LEADER | FORT COLLINS, COLO.

SEED SAVER

For supper tonight I served Ricotta-Basil Stuffed Tomatoes and Summer Cymplings ("Frozen Assets," July/August, p. 68). Both recipes were delicious. In fact, I was surprised to discover how flavorful summer squash can be. But I have a hang-up with most recipes using tomatoes—including this one. Why is it necessary to discard half the tomato pulp and throw away the seeds? I put half the pulp in the filling as requested, but before I placed the tomatoes in the oven, I poured the juice and the rest of the pulp (along with the rest of the filling) around them in the baking dish. I always find some way to use the whole tomato no matter what the recipe says.

DOTTY GARRABRANT | CINCINNATI

Editor's Note: Many Italian recipes call for discarding tomato seeds and juice because they can make sauces too watery, tart, or bitter. The sweetest part of a tomato is the flesh. That said, we love your suggestion for adding leftover pulp to the baking liquid.

For the Record: In October's Recipe Index (p. 83), the Ginger-Pear Muffins were incorrectly listed as gluten-free.

tell vt

What's your favorite food or dish for fighting a cold?

Roasted garlic smeared on crusty bread with olive oil, sea salt, and red pepper flakes. Not only does it cure whatever you have, it keeps people miles away from you, so you don't catch anything else! —RAEHEL MCGHEE, VIA FACEBOOK

Is it wrong of me to say apple pie with crumbly oat topping? Yeah, I know it's not the healthiest, but I swear, the warm, syrupy dessert really makes you feel better. —KATE VASEY, VIA FACEBOOK

My grandmother always made me a glass of hot water with honey and freshly squeezed orange and lemon juices. —VICTORIA SPARKS, VIA FACEBOOK

Miso soup! I make a big bowl, and about half an hour later I feel much better. I've even used this to ease my jet lag when traveling. —MEAGAN KIVIG

I turn to an old family remedy: horseradish added to sandwiches.

—ANITA BERGESON, VIA FACEBOOK

Fermented veggies. A friend of mine makes a delicious blend with cabbage, garlic, cilantro, sea salt, and lemon juice. There is not a bug alive that can survive it—and it immediately clears the sinuses.

—THERESA ICENOGLU FRUSHA, VIA FACEBOOK

A veg-based tom kha soup, Thai-style. Smoking hot and full of flavor!

—RACHELLE POWELL, VIA FACEBOOK

FAB 5 Can't decide what to cook tonight?

Here are our five favorite recipes from this issue:

1. Winter Squash, Leek, and Apple Soup with Cider Crème Fraîche, p. 52
2. No-Knead Swedish Cardamom Braid, p. 64
3. Quince and Vegetable Tagine, p. 58
4. Warm Lentil Salad with Grapes, Feta, and Mint, p. 34
5. Wild Mushroom and Caramelized Onion Shepherd's Pies, p. 54

Send your letters to: editor@vegetariantimes.com

next question:

What's your trick for getting rid of that pungent garlic odor on your hands after cooking?

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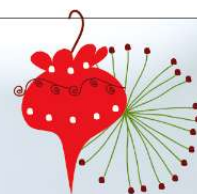


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THIS, JUST, IN

EDITED BY Amy Spitalnick



PEAK SEASON

kumquats

Resembling tiny oval-shaped oranges, kumquats have intensely tart-tasting flesh. They're distinguishable from other citrusy fruits by their candy-sweet, edible peel and their ability to bloom several times in a season. Growing on dwarf, ornamental trees, kumquats are harvested beginning in November.

HOW TO SELECT & STORE

Select firm, unblemished fruits free of cracks, spots, or mold, advises Greg Gude of Kumquat Growers in central Florida. Color can range from light green or yellow to a bright orange when fully ripe; immature kumquats will ripen in just a few days. Store two to four weeks at room temperature, or longer in the fridge.

PREP TIPS

Wash ripened kumquats and eat them raw, skin and all. Or halve, quarter, or slice them into thin rounds for use in recipes. Soak kumquat seeds overnight in water to extract pectin that can be used for thickening jams.

TRY THIS!

- Garnish an arugula salad with halved kumquats and oil-cured olives.
- Blend kumquats into a salad dressing of olive oil, Champagne vinegar, and Dijon mustard.
- Sauté chopped kumquats with kale, garlic, red pepper flakes, and toasted pine nuts.
- Add sliced kumquats to a sauté of puréed winter squash or to a sweet potato soup.
- Stew kumquat halves with apples, pears, and cranberries in a compote, and top with ice cream and toasted almonds.

—ELLIOTT PRAG



PORNCHAI MITTONGTARE

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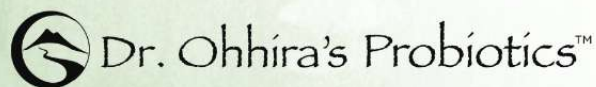


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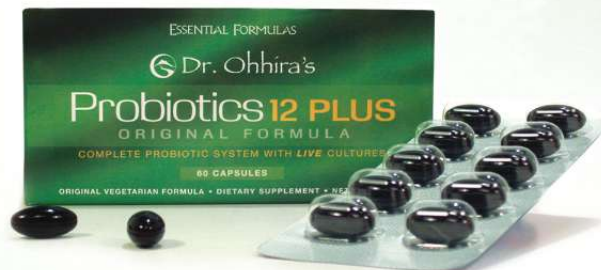
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THIS JUST IN

[TASTE TEST]



MIKE LORRIG

SAY CHÈVRE!

Hosting a holiday soirée can be as easy as serving these deliciously creamy goat cheeses with crisp crackers or crudité. —GABRIELLE HARRADINE

PARTY PICKS	TASTING NOTES	SHOPPING INFO
1. Belle Chèvre Chevre de Provence	Packed in herb-spiked olive oil; rivals ice cream for melt-in-your-mouth smoothness	\$12.50/4 oz.; bellechevre.com
2. Cypress Grove Chevre Humboldt Fog	Ripened to tangy perfection; features a delicate layer of ash through the center	\$20/1 lb.; cypressgrovechevre.com
3. Redwood Hill Farm Camellia	Buttery, mild flavor meets gooey goodness	\$8.99/5 oz.; redwoodhill.com

1,100

The number of U.S. counties at higher risk of water shortages by 2050 due to global climate change.

Source: National Resources Defense Council

[QUIZ]

BRING ON
THE BUBBLY

The tiny bubbles in Champagne play a big role in enlivening its taste. Which way of pouring a glass, and at what temperature, causes less bubble loss?

- a. Straight down the middle at cooler temps
- b. Straight down the middle at warmer temps
- c. At an angle, down the side of the glass, at cooler temps
- d. At an angle, down the side of the glass, at warmer temps
- e. It doesn't matter, just don't spill any of the precious stuff.



Answer: c. The angled method, ideally at a brisk 39°F, helps preserve the carbon dioxide that forms bubbles. [Source: *Journal of Agricultural and Food Chemistry*]

MIKE LORRIG

[Q&A]



Striking New Chords

Busy touring after the release of *Hands All Over*, Maroon 5's third studio album, bass player **Mickey Madden** is happy to report that the band is part of the Green Music Group (green-music-group.org)—a coalition of musicians spreading an environmental message. —G.H.

Q What does the Green Music Group hope to achieve?

A The idea is to “green” touring standards, and also to bring up environmental issues with music fans all over the world.

Q You've been keeping your footprint light by being vegan for a decade now. Is that a problem at Thanksgiving?

A Not at all. My dad, the chef, and my mom, the baker, have adapted holiday fare so that I can eat pretty much everything.

Q What's the staple of the day?

A Definitely cranberry sauce. I slather everything on my plate with it.

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THIS JUST IN

eco-chic and cheap



Rejoice! "Holiday entertaining doesn't have to be a huge expense," says April Milliken Trigg, founder of eventologie, an Atlanta-based environmentally friendly event-planning firm. Here, Trigg offers budget-conscious tips for setting an eco-chic holiday table.

THANKSGIVING BOUNTY

- Fill a basket or bowl with in-season squashes or mini-pumpkins for a harvest-inspired centerpiece.
- Scatter autumn leaves and pinecones on your table.
- Mix and match your everyday dishes with Thanksgiving-themed serving bowls or with salad plates featuring fall colors, such as ochre or a coppery red.

CHRISTMAS CHEER

- Sprinkle rock salt "snow" and wintry pine needles down the center of the table.
- Try a potted poinsettia or holly bush as a centerpiece, or a bowl or vase brimming with red apples and cranberries.
- Pair napkins with ornaments you have on hand, such as candy canes or silvery bells; loosely loop a festive ribbon around each napkin "package."

ANDREA COBB

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Circle reply #7 on Info Center card

True PDF release: storemag & fantamag

Isa Chandra Moskowitz,

coauthor of the best-selling cookbook *Veganomicon*, is on a mission to get everyone eating more veggies—and feeling more confident in the kitchen. Her newest title, *Appetite for Reduction*, offers 125 recipes for low-fat, plant-based dishes that don't skimp on flavor. We asked her **how to avoid creeping weight gain during the holidays.**

“Lots of vegans and vegetarians become health-obsessed and sabotage themselves; being really restrictive can lead to bingeing. Make allowances in your diet for the occasional holiday treat, like a cookie or pie. You can bake it yourself using fresh fruit and natural sweeteners—that way, you'll know what's in it!

“When you eat plenty of fresh veggies every day and avoid the processed stuff, maintaining your weight is a lot easier. Vegetables taste infinitely better once you figure out how to cook them properly. Steamed veggies get a bland rap, but if you lightly salt them before steaming—try fleur de sel, truffle salt, or smoked salt—and steam them just until tender and bright, you'll bring out lots of flavor; serve with a luscious yet low-fat dipping sauce made by blending a few tablespoons of soaked cashews with miso, vegetable broth, or apple cider vinegar. If you want to enhance the natural sweetness in veggies, lightly coat them in extra virgin olive oil and roast them.”

—CHRISTINE RICHMOND



COURTESY ISA CHANDRA MOSKOWITZ

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THIS JUST IN



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NATURAL Rx

PROBLEM: Anxiety

SOLUTION: Passionflower

THE SCOOP: Traditionally used as a sedative by Native Americans, passionflower (*Passiflora incarnata*) may help quell modern anxieties—holiday stress included. The plant's purple blossoms and winding green vine contain chrysin, a compound with a calming effect. Research in the *Journal of Clinical Pharmacy and Therapeutics* found that a daily dose of passionflower extract was as effective as the drug oxazepam in fighting generalized anxiety disorder—what's more, it didn't cause drowsiness, a common side effect of oxazepam.

WHAT TO LOOK FOR: Arizona-based naturopathic doctor Tara Peyman recommends taking 200 to 300 milligrams of the herbal extract one to three times a day, depending on the severity of your anxiety. If you prefer a tincture, take two droppers three to four times a day, as needed. —RACHEL DOWD



Try: NOW Foods Passion Flower Extract, \$15.99/90 Vcaps, nowfoods.com; Herb Pharm Passionflower tincture, \$11.70/1 fl. oz., herb-pharm.com

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THIS JUST IN



what we're eating too
much of this month

You'll avoid holiday gift shopping till you drop when you stash an **18 Rabbits Cheeky Cherry Chocolate granola bar** in your handbag. The good-energy-packed snack satisfies a sweet tooth along with a rumbling tummy. Even sweeter, its makers have partnered with the San Francisco Food Bank to donate bars to local urban schools. \$2.39/1.9 oz.; 18rabbits.com



Oh, the tales reusable gift bags could tell! A Track-a-Sack feature available at the site allows you to follow along as Wrapsacks pass from giver to receiver to receiver. Plus, using the sacks as gift wrap helps green your seasonal celebrations. 



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ICE CREAM FIXER "As a gift, the Hamilton Beach Half Pint Soft-Serve Ice Cream Maker has it all," says VT food editor Mary Margaret Chappell. "It's a toy, a treat, and a gadget that lets you indulge in homemade ice cream all year round." \$29.99; hamiltonbeach.com



SPLENDID SPICES VT copy chief Don Rice is laying it down for the Spice Station Salt and Pepper Set, a choice collection from L.A.'s hottest destination for freshly ground spices. "Fun flavors for the whole family," he says. "My son loves adding a little pepper to his entrées and some salts to his desserts." \$55; spicestationsilverlake.com

TASTEFUL GIFTS



VT staffers share their top picks for your holiday shopping list



VINAIGRETTE SET "You don't need to be a gourmet cook to enjoy Global Gardens's delicious duo," says VT contributing editor Gabrielle Harradine. "The California Deluxe Gift Set with Organic Mission Extra Virgin Olive Oil and Fig Balsamic Vinegar is divine in the simplest of recipes." \$40; oliverevolution.com



NUT-CRACKIN' SATISFACTION "I love cracking my way through a bowl of walnuts, but nothing ruins the experience like a cheap nutcracker," admits VT editor in chief Elizabeth Turner. The innovative Drosselmeyer Nutcracker does the job with no mess or scratched fingers, and might even become a family heirloom. \$39.99; chefini.com

win! 🍌

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BOX OF BOUNTY "The FruitGuys Organic Fruit and Veggie Case delivers produce to the office in a briefcase-style recycled cardboard box," says VT associate editor Amy Spitalnick. "What better gift for a busy foodie who craves farm-fresh flavor?" \$24/16 items, \$32/25 items; fruitguys.com



ECO-CHIC MUG The Copco Eco-First Acadia Mug had VT associate editor/Web editor Jolia Sidona Allen at first sip. "You can save 365 cups in a year with this mug, and the familiar look and size keeps the baristas in line." \$7.99; copco.com



BAMBOO BEAUTY "Core Bamboo's brightly colored Bucket Bowl is perfect for anyone who loves to entertain," says Tami Fertig, VT's assistant editor. "And it looks equally chic as a coffee-table decoration." \$47-\$50/large; corebamboo.com



RIGHTEOUS RUNNER VT creative director Daphna Shalev suggests the gift of textile. "Runners add a splash of color to a table, and the woven vinyl Chilewich Bamboo runner is both stylish and easy to clean, with no need for ironing," she says. \$44; chilewich.com



HOPE
FOR THE
HOLIDAYS

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Frank J. Costa
MD

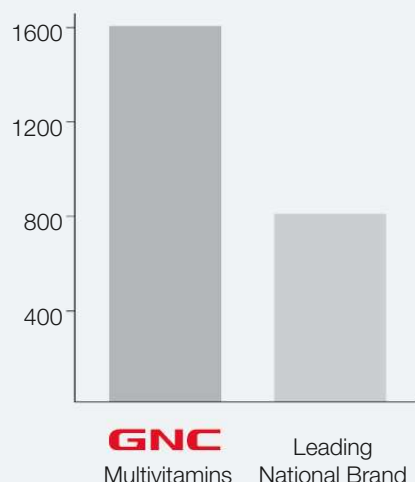
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SPARKLE

Go glam naturally with mineral makeup

"The holidays are a great time to experiment with mineral makeup, since it's got that natural flash," says New York-based eco-make-up artist Karim Orange. What's more, the products featured here are formulated without the synthetic chemicals, toxic preservatives, and artificial dyes found in most conventional cosmetics.

Glistening Lips
Glide on **MyChelle Dermaceuticals Little Kisses in Garnet** (\$10.49/0.1 oz.; mychelle.com), a classic red infused with extracts of peach, guava, and passion fruit.

Glitter-Kissed Cheeks
Play up your party-time flush with **Cheeky Cosmetics Mineral Blush in Flirt** (\$15/2–3 grams; cheekycosmetics.com).

Herbs of Grace Oatstraw Eyeshadow

Lavera Trend sensitiv Beautiful Mineral Eyeshadow in Magic Grey

Larénim Love Child Eye Colour

THE SMOLDERING, SMOKY EYE

Makeup maven Karim Orange's easy how-to

1. Starting with a clean face, apply primer (such as Micabella Eye Primer, micabella.com) to your eyelids, crease, and the area under your brow bone.
2. Using a makeup brush (such as Nvey Eco Large Shadow Brush, econveybeauty.com), apply a deep brown or black eye shadow to your eyelid; try **Larénim Love Child Eye Colour** (\$9.49/2 grams; larenim.com). Next, using a smaller brush (such as Nvey Eco Small Shadow), apply a medium-brown or medium-gray shade to the crease; try **Lavera Trend sensitiv Beautiful Mineral Eyeshadow in Magic Grey** (\$15/0.1 oz.; lavera.com). Using the same brush, apply a light, neutral color under the brow bone; try **Herbs of Grace Oatstraw Eyeshadow** (\$6.75/0.035 oz.; herbofgrace.com).
3. Blend the deep and the medium shades using the smaller brush.

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sip smart

Is a drink a day still OK?

Q Can alcohol be a part of a healthful diet? What are the real pros and cons?

A Here's what has some people cheering for wine: three studies—one each in France, the Netherlands, and New York—all showed that having one to three drinks per day cut the risk of developing Alzheimer's disease by about half. Given that roughly half of Americans develop dementia by age 85, cutting that risk would be a huge benefit. The French study singled out wine; the New York study showed wine helped, but found no benefit from beer or spirits; while the Dutch study found a similar benefit from all types of alcoholic drinks.

There also appears to be a benefit for the heart. One or two drinks per day—of

any kind of alcohol—seems to reduce the risk of heart attacks. It increases HDL ("good") cholesterol and reduces the blood's ability to form clots.

When it comes to wine, it is not clear that red wine is better than white. The prolonged contact of the grape skins with the juice during fermentation is what causes red wine's dramatic color as well as the production of a variety of bioactive compounds. One such compound, resveratrol, has been studied for possible antiaging and heart-protective effects.

As exciting as these studies have been, they are not a reason to drink. That is, it may be that alcohol simply compensates for a bad diet, rather like a cholesterol-lowering drug. If your cholesterol is already in a healthful range, and if you eat

a praiseworthy diet that's rich in antioxidants, alcohol may add no benefit at all. People with lower cholesterol levels already have less risk of both Alzheimer's disease and heart attacks.

Some of the longest-lived people in the world reside in Loma Linda, Calif.—a place known for its large number of centenarians. Their longevity almost certainly comes from the fact that Seventh-Day Adventists, who make up much of the Loma Linda population, follow a vegetarian diet. And they are, by and large, teetotalers. Researchers have never tested the dubious proposition that a health-conscious vegetarian—who already has a hedge against heart disease and other "old-age diseases"—derives any extra benefit from drinking alcohol.

The downsides to alcohol are considerable. First, it can be addictive. Someone who has an occasional glass of wine may find that occasional becomes daily. For many, it gets out of hand.

There are two special concerns for women. A pregnant woman who drinks puts her baby at risk. Also, alcohol increases the risk of breast cancer by about 10 percent for every drink in your daily routine—that is, 10 percent for one drink per day, 20 percent for two a day, and so on. The reasons may relate to alcohol's tendency to increase blood levels of estrogens, and, at the same time, reduce blood levels of folate, a B vitamin that helps protect against breast cancer. Women who drink should eat plenty of folate-rich green leafy vegetables and beans, but it also makes sense to keep alcohol use modest and intermittent, rather than daily.

So, alcohol has apparent benefits for the brain and heart, at least for people on a less-than-optimal diet. Whether these same benefits apply for health-conscious vegetarians is not known. Alcohol clearly increases breast cancer risk and can be addictive, which is why doctors never recommend that teetotalers start a drinking habit. 🍇

Neal D. Barnard, MD, lives in Washington, where he is often the designated driver.

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With all the cooking, entertaining, and celebrating that go on in November and December, eating healthfully between special events can be a challenge. Add to that the time crunch and stress of the busiest season of the year and everyday meals can turn into restaurant runs that are as high in calories as a holiday dinner. That's where this batch of speedy, nutrient-packed salads comes in. Warm or cold, freshly prepared or made ahead, they'll leave you feeling satisfied, not stuffed, when you toss them together for weeknight meals.



● BROCCOLI SLAW
SALAD WITH FIVE-
SPICE TOFU, p. 32

Take a break from rich holiday foods with these quick and healthful meals

supper-worthy salads

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30 minutes



Savoy Cabbage Salad with Carrot-Ginger Dressing

Savoy Cabbage Salad with Carrot-Ginger Dressing

SERVES 4 | 30 MINUTES OR FEWER

Blended raw carrots give this zippy dressing texture and color. Make extra, and keep it in the fridge for dipping raw vegetables.

DRESSING

- ½ cup grated carrots
- 2 Tbs. finely chopped fresh ginger


- 2 Tbs. rice vinegar
- 1½ Tbs. chunky mixed-grain or white miso paste
- 1 Tbs. roasted sesame oil
- 2 tsp. grape seed or canola oil
- 1 tsp. maple syrup

SALAD

- 4 cups thinly sliced savoy cabbage (½ cabbage)
- 1 medium radicchio head, thinly sliced (1½ cups)

- 1 avocado, thinly sliced (1 cup)
- ½ cup thinly sliced sweet onion (½ small onion)
- 2 Tbs. hemp seeds, optional

1. To make Dressing: blend all ingredients in blender until smooth.
2. To make Salad: Toss together cabbage, radicchio, avocado, and onion in large bowl. Pour in Dressing, and toss gently until all salad ingredients are coated with Dressing. Sprinkle hemp seeds on top, if using, and serve.

PER 1½-CUP SALAD: 199 CAL; 4 G PROT; 11 G TOTAL FAT (2 G SAT FAT); 17 G CARB; 0 MG CHOL; 242 MG SOD; 7 G FIBER; 7 G SUGARS 

Broccoli Slaw Salad with Five-Spice Tofu

SERVES 4 | 30 MINUTES OR FEWER

This crunchy salad comes together quickly and can be made in advance. Five-spice pressed tofu and Chinese black vinegar can be found at most Asian grocery stores. Chinese black vinegar, in particular, is worth seeking out for its malty sweet quality.


DRESSING

- 2 Tbs. roasted sesame oil
- 2 Tbs. Chinese black vinegar or 1 Tbs. rice vinegar plus 1 Tbs. balsamic vinegar
- 1 tsp. sriracha or any chile-garlic sauce
- 1 tsp. sugar

SALAD

- 1 1-lb. pkg. broccoli slaw
- 1 small red bell pepper, thinly sliced (1 cup)
- 7 oz. five-spice pressed tofu, sliced into matchsticks
- ½ cup chopped cilantro
- 2 green onions, chopped (¼ cup)
- 4 Tbs. chopped roasted peanuts

1. To make Dressing: Whisk together all ingredients in small bowl. Season with salt, if desired.
2. To make Salad: toss together all ingredients with Dressing in large bowl.

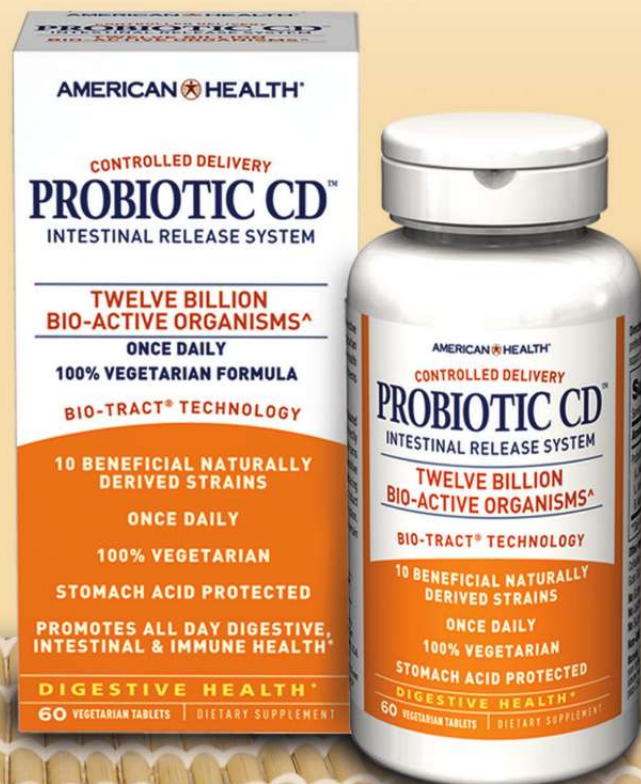
PER 2-CUP SERVING: 221 CAL; 10 G PROT; 15 G TOTAL FAT (2 G SAT FAT); 15 G CARB; 0 MG CHOL; 190 MG SOD; 6 G FIBER; 8 G SUGARS 

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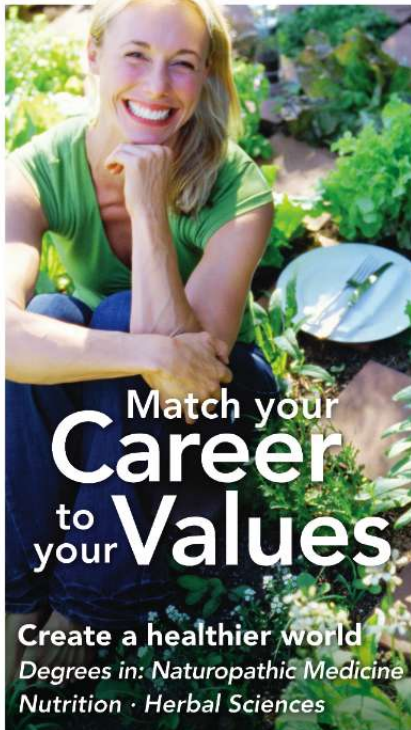
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30 minutes

Warm Lentil Salad with Grapes, Feta, and Mint


SERVES 4 | 30 MINUTES OR FEWER

Red grapes are the surprise element in this cold-weather version of a classic Mediterranean salad. They create little bursts of sweetness in each bite. Serve over a bed of baby spinach, if desired.

- 3 Tbs. olive oil
- 2 leeks, white and light green parts thinly sliced (1½ cups)
- 2 Tbs. sherry vinegar
- 2 tsp. whole-grain mustard
- 1 17.6-oz. pkg. cooked lentils, gently broken apart, or 2 cups cooked lentils
- 1½ cups red grapes, halved
- ¼ cup chopped roasted pistachios
- 3 Tbs. finely chopped mint
- 3 Tbs. finely chopped parsley
- ¼ cup crumbled feta

1. Heat oil in skillet over medium heat. Add leeks, and cook 7 to 9 minutes, or until tender and translucent, stirring often. Remove from heat, and stir in sherry vinegar and mustard.

2. Combine lentils, leek mixture, grapes, pistachios, mint, and parsley in large bowl. Season with salt and pepper, if desired, and top with crumbled feta.

PER 1½-CUP SERVING: 373 CAL; 16 G PROT; 17 G TOTAL FAT (3 G SAT FAT); 44 G CARB; 8 MG CHOL; 464 MG SOD; 13 G FIBER; 14 G SUGARS 

Fennel, Beet, and Citrus Salad with Yogurt Dressing

SERVES 4 | 30 MINUTES OR FEWER

A dressing made with Greek yogurt and Parmesan cheese offers tart-and-creamy satisfaction with much less fat than a typical ranch-style dressing. Wait until the last minute to stir the beets into the salad—this will prevent the whole dish from turning pink.

DRESSING

- 3 Tbs. 2% Greek yogurt
- 3 Tbs. grated Parmesan cheese
- 2 Tbs. cider vinegar
- 2 Tbs. olive oil
- 1 tsp. light brown sugar
- 1½ Tbs. finely chopped chives or green onion

SALAD


- 1 7-oz. bag romaine blend salad greens
- 1 large head fennel, thinly sliced (2 cups)
- 1 8-oz. pkg. cooked beets, sliced into ¼-inch-thick half-moons
- 2 large oranges, peeled and sliced into ½-inch-thick rounds

1. To make Dressing: Blend yogurt, Parmesan, vinegar, oil, and brown sugar in blender until smooth. Season with salt and pepper, if desired, and stir in chives.



Warm Lentil Salad with Grapes, Feta, and Mint

2. To assemble Salad: Toss salad greens and fennel with 3 Tbs. Dressing in large bowl. Toss beets with remaining Dressing in small bowl. Just before serving, stir beets into salad. Break up orange slices into bite-size pieces, sprinkle atop salad, and serve.

PER 2-CUP SERVING: 180 CAL; 5 G PROT; 8 G TOTAL FAT (2 G SAT FAT); 24 G CARB; 4 MG CHOL; 134 MG SOD; 5 G FIBER; 16 G SUGARS 

Brown Rice Salad with Roasted Butternut Squash, Chestnuts, and Pomegranate



SERVES 4 | 30 MINUTES OR FEWER

Brown rice and butternut squash make this salad a supper option that's satisfying, yet not too heavy. Dried cherries or cranberries can be substituted for the pomegranate seeds.

- 1 12-oz. pkg. cut butternut squash
- $\frac{1}{2}$ red onion, chopped ($\frac{1}{2}$ cup)
- 3 Tbs. olive oil, divided
- 1 6.5-oz. jar cooked chestnuts, coarsely chopped
- 1 10.5-oz. pkg. cooked brown rice (2 cups)
- 1 tsp. grated lemon zest
- $1\frac{1}{2}$ Tbs. balsamic vinegar
- $\frac{1}{2}$ cup fresh or frozen pomegranate seeds
- 1 5-oz. bag arugula, coarsely chopped

1. Preheat oven to 475°F. Line rimmed baking sheet with parchment paper. Toss together butternut squash, onion, and 2 Tbs. oil in large bowl. Season with salt and pepper, if desired. Roast squash 15 to 20 minutes, or until tender, stirring occasionally. Add chestnuts during last 5 minutes of baking.

2. Meanwhile, warm rice according to package directions, and toss with lemon zest in large bowl. Whisk remaining 1 Tbs. oil with vinegar in small bowl. Pour vinegar mixture over rice, and add pomegranate seeds. Stir in warm squash mixture, and season with salt and pepper, if desired. Fold in chopped arugula, and serve.

PER 1½-CUP SERVING: 409 CAL; 7 G PROT; 13 G TOTAL FAT (2 G SAT FAT); 63 G CARB; 0 MG CHOL; 25 MG SOD; 7 G FIBER; 12 G SUGARS  

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Homemade stocks

provide a foundation of rich, intense flavor you simply can't get from store-bought versions, and they're essential to many of the dishes we prepare at Greens. In my book, *Everyday Greens*, I even include "A Stock Pep Talk" to encourage home cooks to start from scratch. The stock recipes here are easy to prepare and freeze ahead, so they'll be ready to go when it's time to cook a holiday feast [such as the one on page 48] or a flavorful stew on a chilly weeknight.

stock options



VEGETABLE STOCK, p. 38 

HOTTIPS Stock recipes are open to endless improvisation, as long as you follow these simple guidelines.

ALWAYS START WITH FRESH, flavorful veggies. Freshness is the key to a good stock.

ADD AND EXCHANGE ingredients according to the season and recipe. If leeks aren't in season, substitute green onions

or an extra yellow onion. Winter squash parings and seeds can be added to a stock that will be used to make squash soup [such as Winter Squash, Leek, and Apple Soup, p. 52]; you can also throw in fresh corncobs in the summer.

CONSIDER COLOR. Mushrooms add wonderful flavor, but make a darker stock. Red onions can also give the liquid a darker hue. Avoid them if a recipe [such as the Saffron Risotto with Broccoli, p. 39] needs to look light and bright.

DON'T ADD BRASSICA VEGETABLES.

Broccoli, cauliflower, cabbage, kale, turnips, and other brassica or cruciferous vegetables have strong flavors that can overpower a stock.



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technique

Use herbs sparingly. A few sprigs of oregano, thyme, marjoram, and/or sage go a long way to season a stock.

Mushroom Stock

MAKES 2 QUARTS

This full-bodied stock is the secret ingredient to Greens's mushroom soups and sauces. Because it has a darker color and a strong flavor, it's best for mushroom-based dishes and hearty recipes.

- 1 large yellow onion, sliced
- 1 leek top, chopped
- 2 medium carrots, chopped
- ½ lb. white mushrooms, sliced
- 1 oz. dried shiitake mushrooms
- 4 cloves garlic, smashed, skins left on
- 6 sprigs parsley
- 2 sprigs fresh thyme
- 2 sprigs fresh oregano or marjoram
- 1 bay leaf
- 1 tsp. salt
- ½ tsp. black peppercorns

Place all ingredients in large pot with 10 cups water, and bring to a boil. Reduce heat to medium-low, and simmer 45 minutes. Strain, pressing as much liquid from vegetables as possible. Discard solids.

PER 1-CUP SERVING: 10 CAL; 0 G PROT; 0 G TOTAL FAT
(0 G SAT FAT); 2 G CARB; 0 MG CHOL; 311 MG SOD;
0 G FIBER; 1 G SUGARS

Vegetable Stock

MAKES 2 QUARTS

V is for vegetable—and versatility. Double the recipe, freeze half, and make this your go-to stock when cooking soups, stews, and pasta and rice dishes.

- 1 large yellow onion, sliced
- 2–3 leek tops, washed and chopped
- 3 ribs celery, sliced
- 2 large carrots, sliced
- ½ lb. white mushrooms, sliced
- 1 large potato, sliced
- 6 cloves garlic, smashed, skins left on
- 1 tsp. salt
- ½ tsp. whole peppercorns
- 6 sprigs fresh parsley
- 3–4 sprigs fresh thyme

- 2 sprigs fresh oregano or marjoram
- 5 fresh sage leaves
- 1 bay leaf

Combine all ingredients and 10 cups water in stockpot, and bring to a boil. Reduce heat to medium-low, and simmer, uncovered, 45 minutes. Strain, pressing as much liquid from vegetables as possible. Discard solids.

PER 1-CUP SERVING: 26 CAL; <1 G PROT; <1 G TOTAL FAT
(0 G SAT FAT); 4 G CARB; 0 MG CHOL; 315 MG SOD;
<1 G FIBER; 1 G SUGARS

Kimchi Stew

SERVES 4 | 30 MINUTES OR FEWER



Jewish mothers make chicken soup; Korean mothers make kimchi stew with the spicy pickled cabbage that is the national dish of Korea. Hearty Mushroom Stock stands up to spicy chiles in kimchi and adds an earthy note to this one-pot meal. The spiciness of the stew depends on the kimchi used—feel free to add more or less according to your tastes.

Recipe by Mary Margaret Chappell

- 1 Tbs. vegetable oil
- 1 small onion, halved and thinly sliced
- 1½ cups kimchi
- ½ tsp. sugar
- 2 cups Mushroom Stock (recipe at left)
- 1 tsp. rice vinegar, optional
- 1 russet potato, peeled and cut into 1½-inch cubes (1 cup)
- 2 cups thinly sliced napa cabbage
- 1 10.5-oz. pkg. firm or extra-firm tofu, cut into ¾-inch-thick slices
- ¼ cup grated or julienned carrot
- ¼ cup grated or julienned daikon radish

1. Heat oil in saucepan over medium heat. Add onion, and sauté 5 minutes, or until beginning to brown. Add kimchi and sugar, and sauté 2 to 3 minutes. Stir in Mushroom Stock and rice vinegar, if using, and add potato. Cover, reduce heat to medium-low, and simmer 15 minutes, or until potato cubes are soft.

2. Add cabbage and tofu, cover, and cook 3 minutes more. Serve garnished with julienned carrot and daikon radish.

PER 1-CUP SERVING: 164 CAL; 9 G PROT; 7 G TOTAL FAT (<1 G SAT FAT); 16 G CARB; 0 MG CHOL; 458 MG SOD; 3 G FIBER; 3 G SUGARS  

Saffron Risotto with Broccoli




SERVES 4 | 30 MINUTES OR FEWER

The difference between a good risotto and a great one? A flavorful stock that seasons the rice grains as it is absorbed.

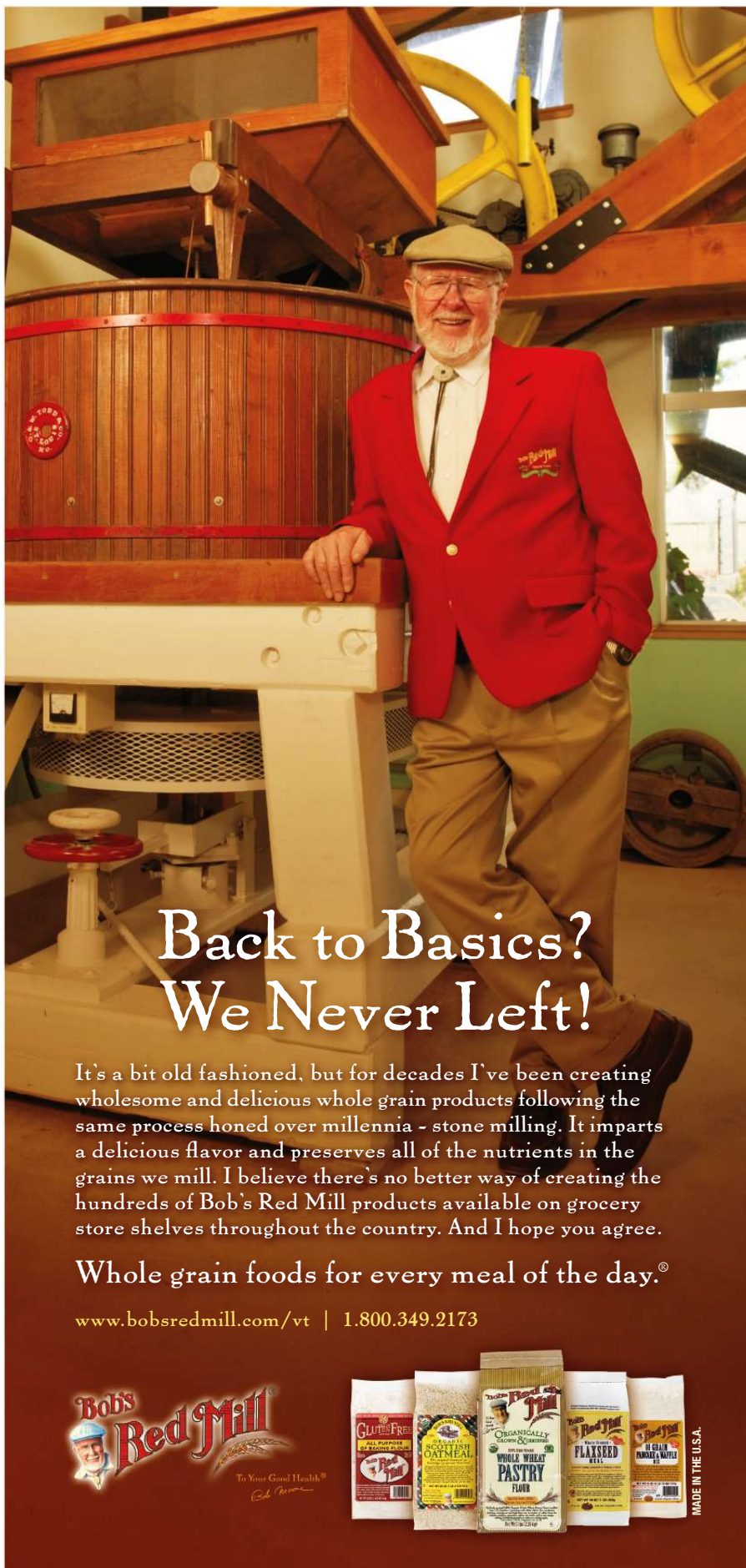
Recipe by Mary Margaret Chappell

- 3 cups Vegetable Stock (p. 38)
- 4 cups small broccoli florets
- $\frac{1}{4}$ tsp. Spanish saffron, divided
- 1 Tbs. olive oil
- 1 medium leek, white and pale green part halved and thinly sliced (1 $\frac{1}{2}$ cups)
- $\frac{3}{4}$ cup Arborio rice

1. Bring Vegetable Stock to a simmer in medium saucepan. Add broccoli, and cook 2 to 3 minutes, or until crisp-tender. Remove florets from broth with slotted spoon, and set aside. Stir $\frac{1}{8}$ tsp. saffron into hot broth, reduce heat to low or turn off, cover, and keep hot.
2. Meanwhile, heat oil in saucepan over medium heat. Add leek, and sauté 3 to 5 minutes, or until soft. Stir in rice, and sauté 3 to 5 minutes more, or until rice grains are opaque.
3. Stir in 1 cup stock, and reduce heat to medium-low. Cook rice until most of liquid is absorbed, stirring regularly. Continue adding stock $\frac{1}{2}$ cup at a time, stirring and cooking until liquid is absorbed, about 10 minutes. Stir in remaining $\frac{1}{8}$ tsp. saffron before last addition of stock. Cook until most liquid is absorbed. Remove from heat, and stir in broccoli. Cover risotto, and let stand 2 to 3 minutes, or until broccoli is hot. Season with salt and pepper, if desired.

PER 1-CUP SERVING: 209 CAL; 5 G PROT; 4 G TOTAL FAT (<1 G SAT FAT); 39 G CARB; 0 MG CHOL; 262 MG SOD; 4 G FIBER; 2 G SUGARS   

Annie Somerville is the executive chef of San Francisco's pioneering gourmet vegetarian eatery, Greens Restaurant.





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Build a tasty holiday tradition that's 100 percent egg- and dairy-free

sweet chalet

Here's a holiday project for young and young-at-heart bakers: a gingerbread house that tastes as great as it looks. (The VT staff couldn't stop snacking on it when we tested the recipes.) The chalet featured on the following pages makes for a great craft project on a chilly weekend. And even the Grinchiest adults will admire—and want a taste of—your handiwork.

Vegan Royal Icing



MAKES 2½ CUPS

Royal icing is the glue that holds a gingerbread house together. It's usually made with egg whites, which help it dry firm and strong enough to do its job. Thanks to a bit of xanthan gum, this vegan version has good durability.

- 4½ cups confectioners' sugar
- 1 Tbs. cornstarch
- ½ tsp. xanthan gum
- 1 pinch salt

1. Combine all ingredients in bowl of electric mixer fitted with whisk attachment. Beat at low speed 1 minute, or until thoroughly combined. With mixer running, drizzle ⅓ cup water down side of bowl so it doesn't splatter, slowly increasing mixer speed until sugar is incorporated. Beat at medium-high speed 2 minutes, scraping down sides of bowl as needed. The icing should be thick and stiff enough so that whisk attachment leaves ridges when drawn through.

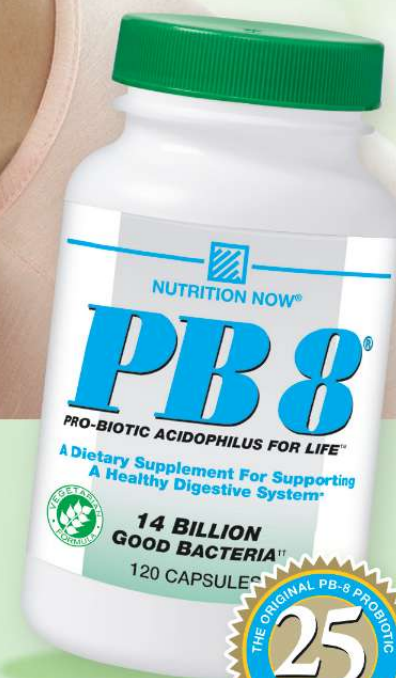
2. Scrape half of icing into medium pastry bag fitted with ¼-inch or ⅛-inch round tip to use as glue for gingerbread house. For fine decorative work, switch to ⅛-inch tip. Cover surface of remaining icing with plastic wrap to prevent from drying out. Icing will stay pliable for several hours, and can be thinned with water, if necessary.

PER 2-TSP. SERVING: 36 CAL; 0 G PROT; 0 G TOTAL FAT (0 G SAT FAT); 9 G CARB; 0 MG CHOL; 3 MG SOD; <1 G FIBER; 9 G SUGARS  



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Chocolate-Espresso Gingerbread Dough

MAKES 1 GINGERBREAD HOUSE OR 60 COOKIES

This stiff dough is easy to roll into large, stable sheets. It bakes up quite crisp—a cross between a cracker and a cookie.


- 1 cup soy margarine, softened
- 2 cups sugar
- $\frac{1}{2}$ cup dark molasses
- $\frac{1}{4}$ cup unsweetened cocoa powder
- 2 Tbs. instant espresso powder
- 2 Tbs. ground ginger
- 1 Tbs. ground cinnamon
- 1 tsp. salt
- $\frac{1}{2}$ tsp. ground cloves
- $\frac{3}{4}$ cups all-purpose flour
- $\frac{1}{4}$ cup soymilk or water
- $\frac{1}{2}$ tsp. vanilla extract

1. Beat margarine and sugar 2 minutes with electric mixer. Beat in molasses. Mix in cocoa powder, espresso powder, ginger, cinnamon, salt, and cloves on low speed. Increase speed, and beat 1 minute. Beat in half of flour; add soymilk and vanilla, and beat until smooth. Beat in remaining flour, then beat 30 seconds more. Wrap in plastic wrap, and refrigerate 4 hours, or up to 2 days.

2. Let dough warm 10 minutes at room temperature, or until it yields to touch at edges. Divide into 2 chunks, place 1 chunk between 2 sheets of parchment paper, and roll to 16- x 12-inch rectangle that is about $\frac{1}{8}$ -inch thick. Repeat with remaining dough. Slide dough rectangles onto baking sheets, and refrigerate 30 minutes.

3. Place dough on work surface, remove top sheets of parchment, and position templates (see below) on dough. (There will be enough dough to cut all shapes without rerolling.) Cut around templates with tip of small knife. Transfer dough cutouts to parchment-lined baking sheet. Cut out doors and windows, if desired, and chill 10 to 20 minutes.

4. Preheat oven to 325°F. Bake gingerbread 22 to 25 minutes, or until edges are firm. (Centers may still be soft; dough will harden as it cools.) Cool on baking sheet 20 minutes, then transfer to wire racks to cool completely. Immediately trim uneven edges with serrated knife.

PER SERVING (2 COOKIES): SERVING 98 CAL; 1 G PROT;
3 G TOTAL FAT (1 G SAT FAT); 17 G CARB; 0 MG CHOL;
73 MG SOD; <1G FIBER; 9 G SUGARS 

ALL THE TRIMMINGS

The sweetest part of making your own gingerbread house is getting creative with the decorations. We found our 100 percent vegan decorations and the options below at Munchies, a Kosher-certified candy store in Los Angeles (lamunchies.com). To shop for vegan candy online, visit veganstore.com and naturalcandystore.com. Here are some to look for:

- pretzel snaps for windows
- sugar balls or vegan jellybeans for trim
- licorice sticks for edging
- hard candy sticks to hide roof seams and edges
- sour belts (cut into bite-size pieces) for shingles
- starlight mints, gummy squares, and gummy circles for decorative accents

TRACEABLE TEMPLATES

Make the following templates out of parchment or white printer paper or download a printable template at vegetariantimes.com/chalet.

SIDE PANELS: Cut two 4- x 3-inch rectangles

ROOF: Cut two 6 $\frac{1}{4}$ - x 5-inch rectangles

FRONT AND BACK: Cut two 5-sided pieces: Starting from bottom of an 8 $\frac{1}{2}$ - x 11-inch sheet of paper, draw two 3-inch vertical lines 7 inches apart. Mark a point halfway between the two lines (3 $\frac{1}{2}$ inches from either line) and 7 $\frac{1}{2}$ inches from bottom of page. Draw diagonal lines from that point down to top of each 3-inch line. Repeat for second template.





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HOW TO ASSEMBLE THE CHALET

WHAT YOU'LL NEED

12-inch-square piece of stiff cardboard covered with aluminum foil, for base

Baked gingerbread pieces

1 recipe Vegan Royal Icing

Pastry bag and assorted round tips

Small cans, glasses, and/or tea boxes for support

For more tips on assembling your Gingerbread Chalet, log on to vegetariantimes.com/chalet.

1. To assemble walls: Pipe Vegan Royal Icing on bottom edge of 1 gingerbread cutout for front of house (facade). Pipe icing on rear right wall side of facade and bottom edge of right side panel. Set facade in place on foil-covered cardboard base, hold upright, then fit right side panel against it so that seam between 2 pieces is not visible from front. Hold panels together 2 minutes; place supports on both sides to keep standing.
2. Pipe icing along bottom edge and up one side of second side panel. Join to left side of facade. Hold panels together 2 minutes, then place supports on both sides. Attach back of house to sides with icing. Let stand 1 hour or more with supports, or until chalet can stand by itself. Remove supports from inside house before assembling roof.
3. To assemble roof: Pipe icing around top edges of house and along top edge of 1 roof piece (where roof panels will meet at peak). Place roof pieces on top of house, allowing them to overhang sides. Press roof pieces together at peak, and hold in place 2 to 3 minutes. Place supports under bottom edges of eaves (tea boxes work well for this). Let stand 1 hour or more, or until roof and house are stable without supports. 🍀

When Nicole Rees, author of Baking Unplugged, makes a gingerbread house, she does most of the prep work ahead and invites friends over for the fun of decorating.

THE ONE ON THE LEFT ADDS CORN SYRUP,
BUT BOTH BOTTLES SAY PURE VANILLA.

Check the label on your vanilla extract. Some vanillas add corn syrup.

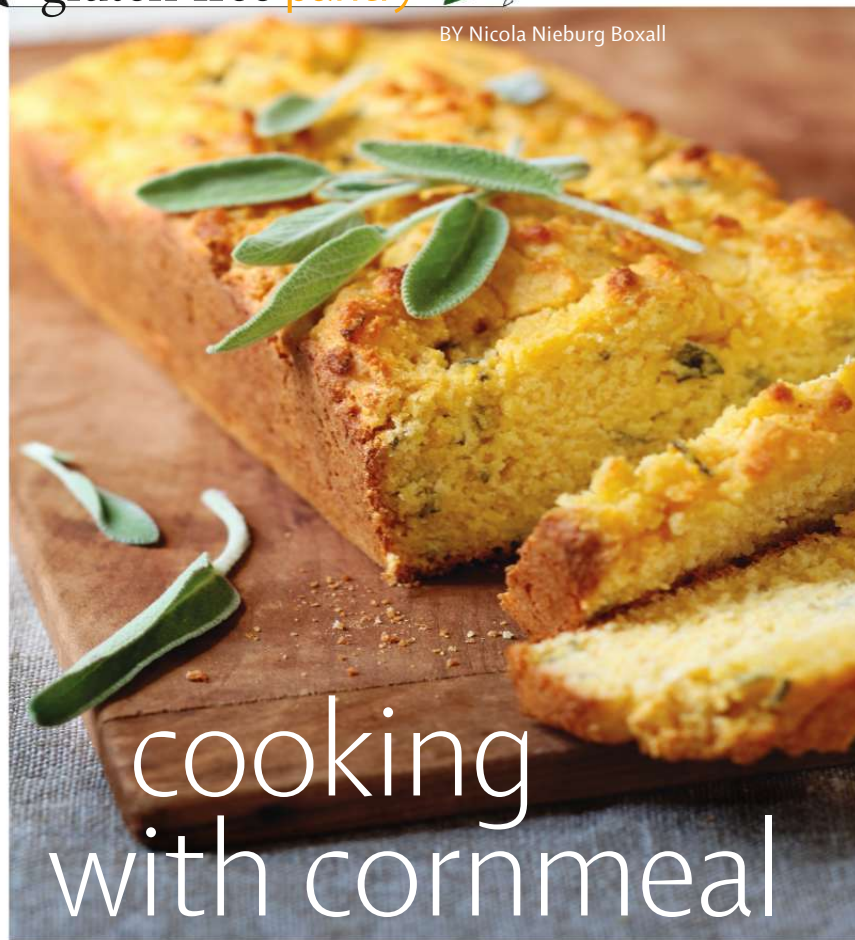
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They add corn syrup.

We don't.

Circle reply #15 on Info Center card



From sunny yellow to deep-hued blue, cornmeal adds color and crunch to baked goods

THE SCOOP Cornmeal is cornmeal is cornmeal, right? Not quite.

Although all types of cornmeal are interchangeable, texture varies from grind to grind and some cooks swear by their favorite color.

Yellow, white, or blue? North of the Mason-Dixon line and in Europe, cooks prefer yellow cornmeal for baked goods and polenta (an Italian-style mush made from coarse-grind cornmeal). Many Southern bakers swear by white cornmeal and wouldn't use anything else in cornbread or pancakes. White cornmeal is also the type used in African cuisines. Blue cornmeal is favored by cooks who like bright colors, hearty flavors, and an extra boost of nutrients.

Stone-ground or steel-milled? "Old-fashioned" or stone-ground cornmeal is crushed between gristmill stones and retains some or all of the corn's hull and germ. Steel-milled cornmeal is ground between large steel rollers and sifted to remove some or all of the hull and germ.

Coarse, medium, or fine? Mill settings allow for three different-sized meal grinds. Coarsely ground cornmeal gives breads, muffins, and crusted vegetables a tasty crunch. Medium-grind is a safe choice for most recipes; it's coarse enough to stand in for polenta and to give baked goods that extra crunch, but fine enough to keep batters light and tender. Finely ground cornmeal is sometimes labeled corn flour; it yields the most delicate results and is best for batter-frying or whipping up light-as-air pancakes and fritters that still have a cornmeal taste.

SHOPPING AND STORAGE TIPS

Color and grind are a matter of personal preference, so buy small quantities when trying a new cornmeal type (especially when choosing stone-ground, which can vary widely in taste and texture). The hull and germ in stone-ground cornmeal make it more perishable, so it's best stored in the freezer in a heavy-duty freezer bag.



Gluten-Free Sage Cornbread

SERVES 16

We call for yellow cornmeal here so that the shade can play off the green of the sage, but any type will work.

- 1 cup coarse or medium-grind yellow cornmeal
- $\frac{3}{4}$ cup brown rice flour
- $\frac{1}{4}$ cup potato starch
- $2\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{2}$ tsp. salt
- 1–2 Tbs. chopped fresh sage
- 1 large egg
- 1 cup low-fat buttermilk
- $\frac{1}{4}$ cup honey
- 1 Tbs. melted butter, optional

1. Preheat oven to 400°F. Coat loaf pan or 9-inch-square baking pan with cooking spray. Whisk together cornmeal, rice flour, potato starch, baking powder, baking soda, and salt in bowl. Stir in sage.
2. Beat egg in separate bowl. Whisk in buttermilk and honey. Stir wet mixture into dry mixture. Let stand 5 minutes.
3. Spread batter in prepared pan, and bake 20 to 35 minutes, or until crisp and brown on top and sides. Brush with butter, if using. Cool 15 minutes before slicing.

PER SQUARE: 90 CAL; 2 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 19 G CARB; 14 MG CHOL; 222 MG SOD; 2 G FIBER; 5 G SUGARS  

Before researching this story, Nicola Nieburg Boxall thought cornmeal was just for cornbread. Now she can't wait to try it in pizza and shortbread cookies.

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There is no flashing red light to warn you of a calcium deficiency. In fact, it is usually not detectable until irreversible damage has already been done. Calcium deficiency is hard to detect because the calcium level in the blood may appear to be normal even in extreme cases. Why? Because the body has a calcium bank in the form of teeth and bones. The need for calcium to control muscular contractions (including the heart), blood-clotting, transmission of nerve impulses and other requirements, take priority. In short, a series of biochemical reactions is triggered and a check is written on your calcium bank.

It may be decades before you know for sure when loose teeth, receding gums or a fractured hip demonstrate how brittle and chalky your bones have become. There is no known cure for osteoporosis but it seems to be afflicting people at increasingly younger ages. The progression towards this disaster takes years, but you may be sure it is going on unnoticed right now in a substantial percentage of our population. Here are the facts that explain why the problem of calcium deficiency is so widespread.

Calcium is not easily absorbed. Perhaps no more than 10-20% of that which is found in the foods consumed is actually metabolized. There are a lot of reasons why this is so. A meal high in fats can form insoluble calcium soaps causing the calcium to pass through the system unabsorbed. The calcium in certain vegetables may be inhibited from release by oxalates found naturally in such foods as rhubarb, kale, spinach and broccoli or phytates in grains and cereals and, of course, a supply of Vitamins A and D must be present for the absorption and use of calcium.

In addition, calcium requires an acid environment for absorption – a special problem for older people who tend to have a lower production of digestive acids. There is more. Amino acids – leucine, arginine and serine – are needed for the formation of calcium-amino acid complexes. Magnesium and phosphorous must be present in an appropriate ratio. Without all these, and other factors, you may lose a lot of the benefit no matter how much calcium you may be ingesting.

You will find quite an array of calcium supplements on the shelf in your health food store. Some will be simple calcium carbonates – others will be calcium carbonate in so-called natural forms, such as oyster shells or eggshells. You will find bone-meal, di-calcium phosphate, dolomite, calcium lactate, calcium glutonate and many others. True, they all contain calcium but they vary in the amount of actual calcium content from 40% for calcium carbonate to around 9% for calcium glutonate. Carbonate has the highest percentage of calcium but it is an antacid. The catch is that calcium can only be absorbed by the body in an acid environment so this may make the calcium carbonate a somewhat self-defeating exercise, especially for older people who often suffer from digestive acid deficiency. Calcium carbonate from oyster shells is no different from calcium carbonate in any other form. It is, after all, a mineral. However, oyster shells carry the additional risk of being contaminated with heavy metals that naturally occur in the oyster bed environment.

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RECIPES BY ANNIE SOMERVILLE, JOHN PAUL UEBER, AMAR GAGNON, AND NEKODA ROWLEY

THE ULTIMATE Thanksgiving menu

Winter Squash, Leek,
and Apple Soup
with Cider Crème Fraîche

Wild Mushroom and
Caramelized Onion
Shepherd's Pies with
Mushroom-Pinot Noir Sauce

Roasted Brussels Sprouts

Roasted Carrots
and Parsnips

Rainbow Chard with
Pumpkin Seeds

Wilted Spinach Salad with
Asian Pears, Blue Cheese,
and Toasted Pecans

Honey-Almond Tart with
Orange Mascarpone



A GREENS Thanksgiving

Celebrate the harvest holiday with a menu
from San Francisco's legendary veg restaurant

For over 30 years, Greens Restaurant in San Francisco has been *the* place for casually elegant vegetarian dining that emphasizes no-fuss preparation of local, seasonal ingredients. So who better to turn to than Greens executive chef Annie Somerville and her staff for a Thanksgiving feast worthy of the harvest holiday? The Greens team developed this menu especially for home cooks, so you can make and share the goodness of Greens right in your own kitchen.



Roasted Brussels Sprouts

SERVES 8

This simple, rustic dish is a fall favorite at Greens. Serve on its own, or toss with Roasted Carrots and Parsnips.

- 2 lb. Brussels sprouts, large sprouts halved, small sprouts left whole
- 3 Tbs. olive oil
- 2 Tbs. maple syrup
- 2 Tbs. butter, optional

1. Preheat oven to 400°F. Toss Brussels sprouts with oil in large baking dish or on baking sheet, and season with salt and pepper, if desired. Roast 45 minutes, or until tender, loosening sprouts from baking dish or sheet with spatula every 15 minutes, if necessary.

2. Transfer to serving bowl, and toss with maple syrup and butter, if using.

PER ½-CUP SERVING: 107 CAL; 4 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 14 G CARB; 0 MG CHOL; 29 MG SOD; 4 G FIBER; 6 G SUGARS 

Roasted Carrots and Parsnips

SERVES 8

Whole sage leaves and thyme sprigs are tossed with carrots and parsnips to add aromatic flavor as they roast.

- 3–4 carrots, cut diagonally into ½-inch-thick slices (2½ cups)
- 3–4 parsnips, peeled and cut diagonally into ½-inch-thick slices (2½ cups)
- 1½ Tbs. olive oil
- 8 fresh sage leaves
- 6 thyme sprigs

Preheat oven to 400°F. Toss together all ingredients in large baking dish, and season with salt and pepper, if desired. Roast 15 minutes, then shake dish to loosen vegetables. Roast 15 minutes more, shake again, and roast 10 minutes more, or until tender.

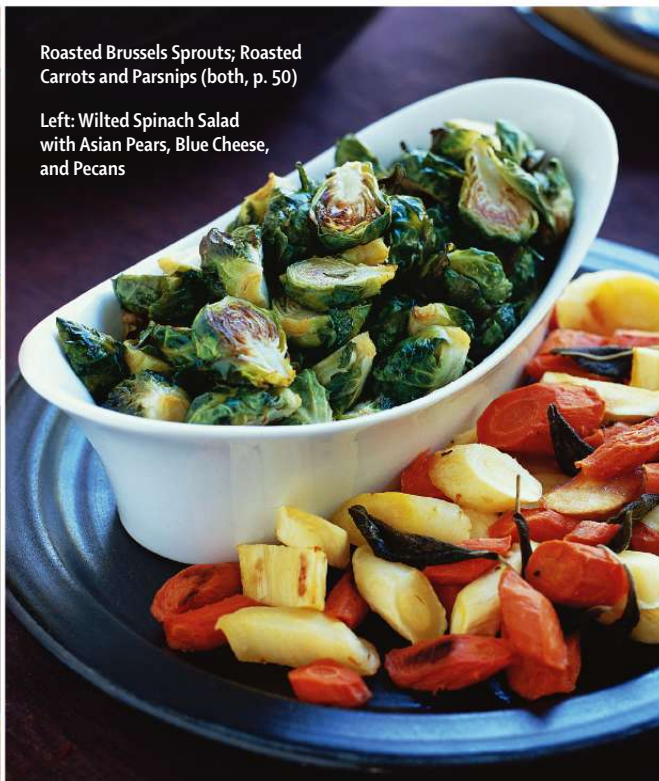
PER ½-CUP SERVING: 70 CAL; <1 G PROT; 3 G TOTAL FAT (<1 G SAT FAT); 11 G CARB; 0 MG CHOL; 31 MG SOD; 3 G FIBER; 4 G SUGARS  



Wild Mushroom and Caramelized Onion Shepherd's Pie, p. 54, with Mushroom-Pinot Noir Sauce, p. 55; Roasted Brussels Sprouts; Roasted Carrots and Parsnips



Rainbow Chard with
Pumpkin Seeds, p. 54



Roasted Brussels Sprouts; Roasted Carrots and Parsnips (both, p. 50)

Left: Wilted Spinach Salad with Asian Pears, Blue Cheese, and Pecans

Winter Squash, Leek, and Apple Soup with Cider Crème Fraîche

SERVES 8

Roasting the squash before adding it to the soup concentrates its flavor for this straightforward starter. Both the soup and the Cider Crème Fraîche can be made up to two days ahead.

SOUP

- 1 large red kuri or other winter squash (4½ lb.), halved, seeds removed
- 1 tart apple, peeled, cored, and quartered
- 1 Tbs. olive oil
- 2 medium leeks, white parts only, sliced (2 cups)
- ½ tsp. salt
- 2 pinches ground black pepper
- 2 cloves garlic, minced (2 tsp.)
- ½ cup white wine
- 6 cups Vegetable Stock (recipe, p. 38) or low-sodium vegetable broth
- 1 bay leaf

CIDER CRÈME FRAÎCHE


- ½ cup crème fraîche
- 2 Tbs. apple cider or apple juice

1. Preheat oven to 400°F. Place squash (cut-side down) and apple quarters in large baking dish. Add 1 cup water, cover, and roast 35 to 40 minutes, or until squash is tender. Cool until squash is easy to handle. Scoop squash flesh from skin; you should have 6 cups.

2. Heat oil in large Dutch oven over medium heat. Add leeks, ¼ tsp. salt, and 1 pinch of pepper; cook 3 minutes, or until leeks begin to soften. Stir in garlic, then wine; cook 3 minutes, or until pot is nearly dry. Add squash, apple, stock, remaining ¼ tsp. salt, remaining pinch of pepper, and bay leaf; bring to a boil. Reduce heat to medium-low, and simmer, uncovered, 20 minutes. Remove bay leaf, and purée with immersion blender until smooth and creamy. Cook over low heat 15 minutes.

3. To make Cider Crème Fraîche: whisk together ingredients in small bowl.

4. To serve, ladle hot Soup into bowls, and swirl with Cider Crème Fraîche.

PER SERVING (1 CUP SOUP AND 1 TBS. CIDER CRÈME FRAÎCHE): 155 CAL; 2 G PROT; 6 G TOTAL FAT (3 G SAT FAT); 24 G CARB; 13 MG CHOL; 392 MG SOD; 5 G FIBER; 10 G SUGARS 

Wilted Spinach Salad with Asian Pears, Blue Cheese, and Pecans

SERVES 8 | 30 MINUTES OR FEWER

Crisp Asian pears, tangy blue cheese, and bitter greens are the star ingredients in this wilted spinach salad.

- 1 shallot, thinly sliced (¼ cup)
- 1½ Tbs. pear vinegar or unfiltered apple cider vinegar
- 6 cups spinach leaves, trimmed
- 1½ cups torn frisée, escarole, or radicchio
- 1 Asian pear, thinly sliced
- ¼ cup toasted pecan pieces
- 3 Tbs. crumbled blue cheese, divided
- 2 Tbs. olive oil

1. Bring small pot of water to a boil. Add shallot, and blanch 20 seconds. Drain, and toss with vinegar in serving bowl. Add spinach, frisée, pear, pecans, and 2 Tbs. cheese; toss to combine.

2. Heat oil in small skillet until very hot. Pour over salad, and toss with tongs to wilt greens. Sprinkle remaining 1 Tbs. cheese over salad.

PER 1-CUP SERVING: 85 CAL; 2 G PROT; 7 G TOTAL FAT (1 G SAT FAT); 4 G CARB; 3 MG CHOL; 67 MG SOD; 2 G FIBER; 2 G SUGARS

FOR AN ELEGANT SWIRL EFFECT,
drop a dollop of Cider Crème Fraîche into
the soup, and use the tip of a knife to draw
creamy swirls out from the center.



Winter Squash, Leek,
and Apple Soup with
Cider Crème Fraîche



Honey-Almond Tart
with Orange Mascarpone

Rainbow Chard with Pumpkin Seeds

SERVES 8 | 30 MINUTES OR FEWER

This sauté is as much about the chard stems as it is about the greens.

- 2 12-oz. bunches rainbow chard
- 3 Tbs. olive oil
- 2 cloves garlic, minced (2 tsp.)
- 4 tsp. lemon juice
- 2 Tbs. toasted pumpkin seeds

1. Tear chard leaves away from stems, keeping stems and leaves separate. Cut

leaves into wide strips. Slice stems 1/4-inch thick on diagonal. (You should have 16 cups leaves and 1 cup stems.)

2. Heat oil in skillet over medium heat. Add chard stems and garlic. Sauté 2 to 3 minutes, or until stems soften, adding 1 to 2 Tbs. water, if necessary. Increase heat to medium-high, and add chard leaves. Sauté 3 to 4 minutes, or until wilted. Toss with lemon juice and pumpkin seeds.

PER 1/2-CUP SERVING: 72 CAL; 2 G PROT; 6 G TOTAL FAT
(<1 G SAT FAT); 4 G CARB; 0 MG CHOL; 167 MG SOD;
1 G FIBER; <1 G SUGARS V GF

Wild Mushroom and Caramelized Onion Shepherd's Pies

MAKES 8 INDIVIDUAL PIES OR 1 LARGE PIE

This recipe can also be prepared in a 9-inch deep-dish pie plate.


POTATOES

- 3 lb. Yellow Finn or Yukon gold potatoes, peeled and quartered
- 1/4 cup heavy cream
- 4 Tbs. unsalted butter
- 6 Tbs. grated Parmesan cheese, plus more for sprinkling
- 2 Tbs. chopped chives

FILLING

- 5 Tbs. olive oil, divided, plus more for greasing rings
- 2 medium yellow onions, halved and sliced (3 cups)
- 3 medium portobello mushroom caps
- 1½ lb. assorted wild mushrooms, chopped
- 2 cloves garlic, minced (2 tsp.)
- 1 cup grated Asiago cheese
- 2 Tbs. flat leaf parsley, thyme, oregano, and/or sage

1. To make Potatoes: Put potatoes in pot, and cover with water. Bring to a boil, reduce heat to medium-low, and simmer 30 minutes, or until tender. Drain. Warm cream and butter in pot; add potatoes, and mash until smooth. Stir in Parmesan and chives, and season with salt and pepper, if desired. Cool.
2. To make Filling: Heat 1 Tbs. oil in skillet over medium heat. Add onions, and cook 20 minutes, or until golden.
3. Preheat oven to 375°F. Coat baking sheet with cooking spray. Set portobellos gill-side up on baking sheet, and drizzle with 1 Tbs. oil. Roast 25 minutes, or until tender. Cool, then slice thin.
4. Toss wild mushrooms with remaining 3 Tbs. oil and garlic on separate baking sheet; season with salt and pepper, if desired. Roast 20 minutes, or until tender. Cool, chop, and toss with Asiago, herbs, and onions.
5. Coat baking sheet and inside of 8 3-inch baking rings or 9-inch pie dish with cooking spray. Layer portobello slices on bottom of each ring. (Add any leftover portobellos to mushroom mixture.) Use half of wild mushroom mixture to create second layer. Use one-third of Potatoes to create third layer, then add remaining mushroom mixture. Top with remaining Potatoes, shaping each into dome. Sprinkle each pie with pinch of Parmesan. Bake 40 minutes, or until golden. Let cool in rings 5 minutes. Use metal spatula to transfer pies (in rings) to plates. Run paring knife around inside of rings to loosen; lift off rings.

PER INDIVIDUAL PIE: 407 CAL; 12 G PROT; 23 G TOTAL FAT (10 G SAT FAT); 40 G CARB; 41 MG CHOL; 655 MG SOD; 5 G FIBER; 4 G SUGARS 

Mushroom–Pinot Noir Sauce

MAKES 3 CUPS

The wine and porcini add depth to this sauce. Serve with Wild Mushroom and Caramelized Onion Shepherd's Pies.

- ¼ oz. dried porcini mushrooms
- 2½ cups Mushroom Stock (recipe, p. 38), or prepared mushroom broth
- ¼ cup Pinot Noir or flavorful red wine
- 2 Tbs. unsalted butter
- 1½ Tbs. all-purpose flour
- 1½ tsp. mushroom soy sauce or tamari

1. Soak porcini in ¼ cup hot water 30 minutes. Drain, and reserve liquid. Finely chop porcini, and set aside.
2. Bring Mushroom Stock, wine, and soaking liquid to a boil in saucepan. Reduce heat, and simmer 5 minutes.
3. Melt butter in separate saucepan over medium heat. Whisk in flour, and cook 2 to 3 minutes, whisking constantly. Whisk ½ cup Mushroom Stock into flour mixture to make paste. Add remaining stock 1 cup at a time. Add chopped porcini and soy sauce; simmer 15 minutes, or until sauce is thickened, stirring often. Season with salt and pepper, if desired.

PER ¼-CUP SERVING: 39 CAL; <1 G PROT; 3 G TOTAL FAT (2 G SAT FAT); 2 G CARB; 8 MG CHOL; 161 MG SOD; <1 G FIBER; <1 G SUGARS

Honey-Almond Tart with Orange Mascarpone

SERVES 12

Use a high-quality honey to keep this tart from tasting overly sweet.

SHORTBREAD CRUST

- ½ vanilla bean
- ¼ cup sugar
- 1 cup all-purpose flour
- 1 pinch salt
- 4 oz. (1 stick) cold, unsalted butter, cut into small cubes
- ½ tsp. vanilla extract
- 1 cup slivered almonds, coarsely chopped

FILLING


- ¾ cup honey
- 4 oz. (1 stick) unsalted butter
- ¼ cup sugar
- 1 tsp. salt

- ½ cup heavy cream
- 1 large egg plus 1 large egg yolk

ORANGE MASCARPONE

- 1 cup mascarpone
- ¼ cup heavy cream
- 2 Tbs. sugar
- 2 Tbs. grated orange zest
- 2 Tbs. orange juice

1. To make Shortbread Crust: Scrape seeds from vanilla bean, and rub into sugar with fingers. Combine vanilla sugar, flour, and salt in bowl of electric mixer. Add butter; beat on low speed until mixture resembles breadcrumbs. Add vanilla extract; beat on medium-low until dough comes together in large chunks. Shape into round disk, wrap in plastic wrap, and chill 2 hours, or overnight.
2. Preheat oven to 350°F. Roll crust into 10-inch circle on lightly floured work surface. Press into 9-inch tart pan with removable bottom, trimming any excess. Set tart pan on baking sheet, and bake 30 minutes, or until golden brown and fragrant. Cool.
3. To make Filling: Bring honey, butter, sugar, and salt to a boil in saucepan, whisking to dissolve sugar. Remove from heat, and cool slightly. Whisk together cream, egg, and egg yolk in bowl. Whisk warm honey mixture into egg mixture.
4. Spread almonds over crust in single layer so no crust is visible. Carefully pour Filling over almonds, making sure almonds stay in place and Filling doesn't overflow. Bake 45 minutes, or until tart is golden brown and Filling is set but slightly jiggles when tapped. Cool.
5. To make Orange Mascarpone: Beat mascarpone, cream, sugar, and zest in bowl with electric mixer until soft peaks form. Stir in orange juice. Serve tart with Orange Mascarpone.

PER SLICE: 484 CAL; 6 G PROT; 36 G TOTAL FAT (19 G SAT FAT); 39 G CARB; 122 MG CHOL; 221 MG SOD; 2 G FIBER; 28 G SUGARS 

Greens executive chef Annie Somerville, chef John Paul Ueber, dinner chef Amar Gagnon, and former pastry chef Nekoda Rowley will do some home cooking of their own this Thanksgiving: Greens is closed for the holiday.

1 FOOD 5 WAYS

BY Maggie Patinelli and Mary Margaret Chappell

quince

Fall head over heels for this fragrant holiday fruit

"They dined on mince, and slices of quince,
Which they ate with a runcible spoon;
And hand in hand, on the edge of the sand,
They danced by the light of the moon...."

—Edward Lear, *"The Owl and the Pussycat"*



The owl and the pussycat weren't the first couple to savor quince as a romantic symbol: as far back as Roman times, lovers gave each other the golden fruit as a pledge to be true. These days, quince is more of a kitchen darling than a courtship tool. Fans adore its exotic fragrance and the magical way the fruit blushes from peach to rose as it cooks.

Quince does require some TLC to make it lovable. The raw fruit is sour, so it's usually poached in syrup, roasted with a sweetener, or simmered until soft before using. "I poach quince slices, a cinnamon stick, and a split vanilla bean for 15 minutes in 2 parts water to 1 part sugar. I then use the fruit the way you use apples or pears in pies or crisps," explains VT executive chef Ann Gentry, owner of Real Food Daily restaurants in Los Angeles. One taste of these recipes and you, too, will find that with quince, it's love at first bite.

PHOTOGRAPHY **Kana Okada** FOOD STYLING **Toni Brogan** PROP STYLING **Pam Morris**



Honey-Baked Quince with Cardamom-Spiced Yogurt

SERVES 8

The oven does all the work in this recipe. As the quince bakes, it fills the kitchen with delicious aromas.

- 4 medium quince, peeled, cored, and quartered
- $\frac{1}{2}$ cup plus 6 Tbs. honey, divided


- $\frac{1}{4}$ cup fresh orange juice
- 1 tsp. grated fresh ginger
- 2 cups plain low-fat yogurt
- 1 tsp. ground cardamom

1. Preheat oven to 300°F. Arrange quince in baking dish.
2. Combine $\frac{1}{2}$ cup honey, orange juice, ginger, and 1 cup water in saucepan, and bring to a boil. Cook 1 minute.
3. Pour honey mixture over quince, cover tightly with foil, and bake

1 to 1½ hours, or until quince is pale pink and tender. Cool, covered, in baking dish.

4. Whisk together yogurt, remaining 6 Tbs. honey, and cardamom in small bowl.

5. Place 2 quince slices in each serving bowl. Top with $\frac{1}{4}$ cup yogurt mixture. Drizzle with cooking juices.

PER SERVING ($\frac{1}{2}$ QUINCE AND $\frac{1}{4}$ CUP YOGURT): 181 CAL;
4 G PROT; 1 G TOTAL FAT (<1 G SAT FAT); 43 G CARB;
4 MG CHOL; 46 MG SOD; 1 G FIBER; 35 G SUGARS 



Membrillo
(Quince Paste)

Membrillo (Quince Paste)

MAKES 1 LOAF

A Spanish delicacy with a gumbdrop-like texture, membrillo is traditionally served with manchego cheese.

- 2 quince, peeled, cored, and coarsely chopped (6 cups)
- 3 strips lemon peel
- 2 cups sugar
- 2 Tbs. lemon juice

1. Simmer quince, lemon peel, and 6 cups water in covered saucepan over medium-low heat 40 minutes, or until soft. Drain, then purée in food processor. Return to saucepan, and stir in sugar and lemon juice. Cook over low heat 1½ hours, or until pink and very thick.

2. Line loaf pan with parchment paper. Spread paste in prepared pan, and cool. Unmold onto cutting board, and slice.

PER 2-TBS. SERVING: 216 CAL; <1 G PROT; <1 G TOTAL FAT
(0 G SAT FAT); 56 G CARB; 0 MG CHOL; 2 MG SOD;
<1 G FIBER; 50 G SUGARS

Quince and Vegetable Tagine

SERVES 6

In Morocco, quince is a common ingredient in tagines and slow-cooked dishes. Here, hearty vegetables play off the tangy-sweet flavor of quince.

- 2 tsp. ground cumin
- 2 tsp. ground coriander
- 1 tsp. turmeric
- 1 tsp. ground ginger
- 1 pinch cayenne pepper
- 1 28-oz. can whole tomatoes
- 3 cloves garlic, peeled and sliced
- 5 tsp. sugar, divided
- ½ head cauliflower, pulled apart into large florets (4 cups)
- 3 small zucchini, halved lengthwise and cut into 2-inch lengths (3 cups)
- 2 small fennel heads, cut into eighths lengthwise (2 cups)
- 1 medium red onion, quartered and thinly sliced (1 cup)
- 2 Tbs. olive oil
- 1 tsp. ground cinnamon

- 2 small unpeeled quince, cored and cut into eighths
- ¼ cup chopped cilantro, for garnish

1. Preheat oven to 450°F. Combine cumin, coriander, turmeric, ginger, and cayenne pepper in small bowl. Set aside.

2. Drain tomatoes, slice in half, and set aside; transfer juice to small saucepan. Stir garlic, 2 tsp. sugar, 1 Tbs. cumin mixture, and 3 cups water into tomato juice; bring to a boil. Reduce heat to medium-low, and simmer 15 minutes.

3. Toss together cauliflower, zucchini, fennel, onion, oil, tomato halves, and remaining 1 Tbs. cumin mixture in roasting pan. Season with salt and pepper, if desired. Move vegetables to center of pan. (They need not be in a single layer.)

4. Combine 2 tsp. sugar and cinnamon on plate. Coat cut sides of quince pieces with cinnamon sugar. Arrange quince skin-side down around sides of roasting pan. Sprinkle remaining cinnamon sugar and remaining 1 tsp. sugar over quince.

5. Roast vegetables in pan 20 minutes. Pour tomato juice mixture over vegetables, and cover with foil. Reduce oven heat to 350°F, and bake 1 hour, or until quince and vegetables are tender. Let stand 10 minutes. Sprinkle with cilantro.

PER 1½-CUP SERVING: 152 CAL; 4 G PROT; 5 G TOTAL FAT
(<1 G SAT FAT); 24 G CARB; 0 MG CHOL; 327 MG SOD;
6 G FIBER; 10 G SUGARS

Quince-Spiked Apple Cider

SERVES 4 | 30 MINUTES OR FEWER

A wedge of quince gives this hot cider a honeyed flavor without the honey.

- 1 qt. apple cider
- ¼ unpeeled, uncored quince
- 2 Tbs. brown sugar, optional
- 1 cinnamon stick
- 4 whole cloves
- ⅛ tsp. ground nutmeg

Simmer all ingredients in covered saucepan over low heat 20 minutes. Strain out solids before serving.

PER 1-CUP SERVING: 124 CAL; <1 G PROT; <1 G TOTAL FAT
(<1 G SAT FAT); 31 G CARB; 0 MG CHOL; 25 MG SOD;
<1 G FIBER; 26 G SUGARS

Old-Fashioned Quince Jelly

MAKES ENOUGH TO FILL 4 8-OZ. JARS

Homemade jelly doesn't have to be a hassle when you make it with quince. The flesh, skin, and seeds are high in pectin, so a simple quince water (made by simmering the fruit and then straining it) sweetened with sugar will jell into a clear, tasty spread that's a lovely holiday gift. You can even use the cooking liquid from the Membrillo recipe (p. 58) to make jelly by simmering the quince 20 minutes longer.

- 2 large quince, unpeeled, uncored, and coarsely chopped (6 cups)
- 4 cups sugar
- 2 Tbs. lemon juice

1. Place quince and 10 cups water in large pot, and bring to a boil. Cover, reduce heat to medium-low, and simmer 1 hour. Remove from heat, and cool overnight.
2. Strain liquid from quince, and discard all solids. Return liquid to pot, and stir in sugar and lemon juice. Bring to a boil. Reduce heat to medium-low, and simmer 1½ to 2 hours, or until bubbles on top are light and foamy, and liquid is deep pink, thick, and jelly-like when tested with a cold spoon.
3. Meanwhile, sterilize jars and lids: Submerge jars in large pot filled halfway with simmering water, and lids in small pot of simmering water. Keep jars and lids in hot water until ready to use.
4. Remove jars one at a time from hot water, and fill with jelly, leaving ¼-inch headspace in the top of each jar. Seal jars with lids. Place canning rack or cake rack in bottom of large pot, and return jars to pot, adding extra water to cover jars by 1 inch, if necessary. Bring water to a boil, and boil 10 minutes. Remove jars from water, and cool.

PER 1-TBS. SERVING: 49 CAL; 0 G PROT; 0 G TOTAL FAT
(0 G SAT FAT); 13 G CARB; 0 MG CHOL; <1 MG SOD;
0 G FIBER; 13 G SUGARS



Researching this story and testing the recipes gave Los Angeles-based freelancer Maggie Patinelli a crash course on cooking with quince.

Honey-Baked
Quince with
Cardamom-Spiced
Yogurt, p. 57



SHOPPING TIPS

Use your eyes and nose: color and fragrance are signs of freshness in quince. Look for fruit that has begun to turn golden. "Don't buy green quince," warns Tosh Kuratomi of Otow Orchard in Granite Bay, Calif. "They were probably picked too early and may never properly ripen." Stock up on quince when you see it; the season is short, but the fruit will keep for up to three months in the refrigerator.



Homemade heritage

How to create a family cookbook that
celebrates your most precious food traditions

BY Makalé Faber Cullen

PHOTOGRAPHY Jen Gotch

"This reminds me of Rosena's cornbread," my mom said when I told her I was writing an article on how to put together a family cookbook. Rosena was my mother's colleague. She was revered for desegregating a school in Prince Edward County, Va., and for her skillet cornbread, which regularly graced office-party tables. "When I finally got that recipe out of her, I was shocked," mom explained. "It called for one box of cornbread mix, another box of pancake mix, eggs, milk, and, well, that's about it. But it was her family recipe—they passed it down and they served it with love."

Rosena's Cornbread made its way into our cookbook. And this exchange between my mom and me offers an example of what makes Rosena's recipe a meaningful entry. "It's key to remember that it's a collection of people you love, things you admire, and stories you want to tell," says journalist John Egerton. In 1980, Egerton and his wife, Ann, began compiling *Lovin' Spoonfuls*, small

"cookbooklets" for family and friends. Last year, on the 25th anniversary of the 1984 edition, they collected the hand-folded versions and printed them in an 80-page book.

Creating a meaningful collection of family recipes and stories requires preparation. But just as a special meal calls for extra time in the kitchen, the resulting feast is worth the effort. Here's a guide to get you on your way.

First, Map It Out

Start by deciding who and what your cookbook will reflect. A free-association exercise known as a mind map can help you. Write your name in the center of a piece of paper and draw a circle around it. Next, draw a line extending out from the circle. At the end of this line write down the first thing that comes to mind when you think of your family meals (say, "Sunday Lunch"). Add other lines from the center circle for other meals



Wild Rice, Dried Cherry & Almond
makes about 10 cups
• 1 cup dried ch
• 2/3 cup



*You want your cookbook to end up
with the spirit of the community.*

(“Thanksgiving,” “Birthday Party,” etc.). These ideas can be used as categories to organize your cookbook rather than the generic “Appetizers,” “Salads,” or “Entrées.” Extend lines from these first tiers to add associations to them. “Sunday Lunch” could include dishes served, tablecloths used, people invited, and music heard. This second tier offers details to sprinkle throughout the book and bring it to life.

If free-form thinking doesn’t work for you, another starting point could be a conversation with whoever does the most (and best) cooking in the family. Arrange a recipe collection meeting or a call with them. Ask for recipes that reflect the background of your family in some way. Is there a recipe the cook remembers learning from his or her parents, or a neighbor? At the end, ask for a recommendation of another family member to interview. And so on. Before long, you’ll have a list of worthy contributors.

Go on Location

Get into the kitchen—yours and your family’s. Using a camera and a notepad, document what you see. Are there tools that reflect your heritage, such as your mother’s mixing bowl or your grandmother’s cast-iron skillet? Does a pierogi press make an appearance for special-occasion meals? Take pictures of items to accompany a recipe or cook’s profile. What about pantry goods? Is there a certain kind of oil—say, sesame or palm—that offers a clue about family heritage? What about large quantities of staples, such as 20-pound bags of rice or cornmeal? Snap photos of these too. Open the fridge for more clues. Around the holidays, shelves are usually stocked with the ingredients that distinguish your family’s culinary traditions.

Book or blog?

From a pamphlet printed at a copy shop to a professionally bound cookbook to a blog that may include videos, technology has made sharing recipes a creative and accessible endeavor. Each medium has a different set of considerations.

CLASSIC COOKBOOK

SIZE A good starter size is 10 12- x 9-inch sheets printed front and back and folded in half (for 20 9- x 6-inch pages). This allows 16 pages for recipes, 2 pages for front and back covers, plus 2 pages for an introduction, a family tree, notes, or a contacts page.

LAYOUT Most word-processing software includes tools that make it easy to transfer words and images to various page formats. You can scan and insert photos, and add your own designs and motifs to pages.

PAPER AND BINDING Coil-binding is a classic for family cookbooks. For a handmade look, Sarah Nicholls, program manager at the Center for Book Arts, in New York, suggests “folded paper, three holes, and a simple stitch—perfect for a thin book.” There are also self-publishing Web sites that let you design a book online and order professionally bound copies.

ONLINE BLOG

DESIGN Most blog-hosting Web sites walk you through design and layout. For continuity, create a template that can be reused as more elements are added. Decide where photos will appear, if videos can be uploaded, and how comments and stories can be shared.

ACCESSIBILITY Is your family cookbook blog a site for all to see or will access be limited to loved ones? (Limiting access gives a sense of specialness while protecting privacy.) Blogs can have multiple contributors, or you can curate the recipe collection via submissions.

UPDATES AND EXCHANGES A cookbook blog provides a forum for an ongoing exchange, but it requires updating to stay relevant. Schedule updates on or around birthdays and special occasions so family members continue sharing old and new traditions. A blog may require some extra work to include older family members who aren’t computer-savvy.



Get It on the Record

Once you've identified the voices and flavors you'll feature, start collecting recipes. Create a template that includes the name of the cook and the dish, with space for ingredients, instructions, presentation tips, and anecdotes. Make a list of questions, such as the following:

- 🍷 Where did you learn this recipe?
- 🍷 Where do the ingredients come from (e.g., specialty shop, garden)?
- 🍷 Did you ever have to substitute ingredients? Has the recipe changed?
- 🍷 What foods or drinks do you serve with this dish?
- 🍷 Do you cook this dish for everyday meals or for special occasions?
- 🍷 When you think of this food, what comes to mind? (Aromas in your grandmother's kitchen, getting called in for supper after playing?)

The questions can be asked over the phone, via e-mail, as a note on a Facebook page, or even recorded or videotaped in person. If cooks need to get back to you, give them a two- to four-week deadline. This provides enough time to muse and recollect, but not so much time that they'll forget about your project. If you're soliciting a lot of recipes, be sure to let folks know that while every submission is savored, not every one will make it into your book.

Shape It Like a Story

Imagine reading the recipe for Rosena's Cornbread—a couple of baking mixes—without all the personal details my mother provided. You wouldn't think much of it, would you? But knowing who Rosena was, how the cornbread was

shared, and how my mom reacted when she found out the actual recipe gives it life and provides insight into all the cooks involved. "You want your cookbook to end up with the spirit of the community, its characters and quirks, its real sense of identity," says Egerton. "A family cookbook must go beyond the plate."

If you have a hard time thinking what to say and how to say it, ask yourself: what would you want your children, grandchildren, nieces, and nephews to know about the food and the people around the table during your childhood or right now? Give depth to your cookbook characters, and readers will return to them to comfort the belly and the heart and to share traditions with future generations. 🌱

2010 Reader Recipe Contest

BY Mary Margaret Chappell

HOLIDAY flavors

When we chose “holiday favorites from around the world” as the theme for VT’s 2010 Reader Recipe Contest, we expected to receive internationally inspired holiday recipes that would whet our appetites. And we did—hundreds of them. What we didn’t expect was that so many of the recipes would come with personal stories that make them even more special. From a beloved grandmother’s bread recipe to a classic Czech Christmas meal that a homesick expat vegified, the dishes that wowed us and the stories behind them will win you over too.

1st Place **Celia Ozereko**, Ashburn, Va. Prize: \$500

“This bread is based on an old Swedish family recipe that my mom used to make during the holidays when I was little,” explains Celia Ozereko. “I modified it to get rid of all the eggs and butter, then I got into the no-knead bread thing. With two little kids, I don’t really have the time to do 10 minutes of kneading.”

No-Knead Swedish Cardamom Braid

MAKES 2 LOAVES (8 SLICES PER LOAF)

The VT staff will be talking about (and making) this recipe for years to come. The veganizing of a recipe traditionally rich in eggs and butter is an inspiration, and the easy, no-knead technique is a stroke of genius. Celia’s modifications to the original recipe work so well that none of the rich texture of the holiday bread is lost in translation.


- 2 cups almond milk, plus more for brushing loaf top
- 2 Tbs. **Bob’s Red Mill** flaxseed meal
- ½ cup agave nectar or **Lundberg Farms** Sweet Dreams organic brown rice syrup

- ⅓ cup canola oil
- 1 Tbs. active dry yeast
- 1½ tsp. salt
- 1½ tsp. whole cardamom seeds, coarsely ground with a mortar and pestle
- 5¼ cups **Bob’s Red Mill** unbleached white flour
- 2 Tbs. **Florida Crystals** Demerara sugar, for sprinkling

1. Stir together almond milk, flaxseed meal, agave nectar, oil, yeast, salt, and cardamom in large nonreactive bowl with lid. Add flour, and mix thoroughly with wooden spoon. Cover with lid or plastic wrap, and let stand 2½ hours at room temperature. Transfer to refrigerator, and let rest overnight.

2. Coat baking sheet with cooking spray, or line with parchment paper. Remove half of dough from refrigerator; reserve remaining dough for second loaf. (Dough will keep in refrigerator up to 5 days.) Divide dough into 3 equal pieces, and gently roll each piece into 18-inch-long rope on floured work surface. Place dough ropes side by side spaced 2 inches apart on prepared baking sheet. Pinch ends together on one side, and tuck under. Loosely braid dough ropes, then pinch tail ends together. Cover braided loaf loosely with kitchen towel or plastic wrap, and let rest 30 minutes.

3. Meanwhile, preheat oven to 375°F. Brush top of braided loaf with almond milk, and sprinkle generously with sugar. Bake 30 to 45 minutes, or until golden brown.

PER SLICE: 233 CAL; 5 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 40 G CARB; 0 MG CHOL; 233 MG SOD; 2 G FIBER; 8 G SUGARS 

Every recipe tells a story in this year's winning collection



From foreground:
No-Knead Swedish Cardamom Braid;
Danish Almond Streusel Cake, p. 67;
Gramma Skopek's Holiday Hoska, p. 67



Danish Almond Streusel Cake

2nd Place Sarah Skopek Kohlstedt, Madison, Wis. Prize: \$300

After her Gramma Skopek passed away last year, Sarah Skopek Kohlstedt went on a mission to find this recipe. "My dad's side of the family is Czech, and his mom's hoska had always been his favorite of all the holiday treats she made," Sarah explains. She contacted two aunts to find the original recipe, which she made and mailed to her dad: "He called immediately to thank me. I could hear the huge smile on his face."

Gramma Skopek's Holiday Hoska

MAKES 2 LOAVES (8 SLICES PER LOAF)

Hoska is a Czech braided bread studded with nuts and dried fruit.

- 5 tsp. **Bob's Red Mill** active dry yeast
- ½ cup (1 stick) unsalted butter, softened
- ½ cup sugar
- 2 large eggs, at room temperature
- 1 tsp. salt
- ¼ tsp. **Simply Organic** nutmeg
- 1 tsp. grated lemon zest
- 4 cups **Bob's Red Mill** organic unbleached white flour

- ½ cup golden seedless raisins
- ½ cup chopped or slivered almonds
- 1 large egg yolk
- Florida Crystals** organic powdered sugar, for dusting

1. Dissolve yeast in 1 cup warm water, and set aside. Combine butter and sugar in bowl with electric mixer until smooth. Blend in eggs, salt, nutmeg, and lemon zest. Alternately mix in yeast mixture and flour, adding more flour, if necessary, so that the dough is elastic, but not too sticky.

2. Shape dough into ball, cover with towel, and let rise 1 hour. Knead raisins and almonds into dough. Divide in half, then divide each half into 6 equal pieces (you should have 12 pieces). Roll 3 dough pieces into ½-inch-thick ropes. Braid together on floured work surface, pinching together braid at both ends. Repeat until you have 4 braids.

3. Line baking sheet with parchment paper. Place 2 braids on baking sheet. Place remaining 2 braids on top, so there are 2 double-stacked loaves. Cover with towel, and let rise 1 hour.

4. Preheat oven to 350°F. Beat egg yolk with 1 Tbs. water in bowl. Brush loaves with egg wash. Bake 40 to 50 minutes, or until golden brown. Serve warm, dusted with powdered sugar.

PER SLICE: 239 CAL; 6 G PROT; 9 G TOTAL FAT (4 G SAT FAT); 36 G CARB; 55 MG CHOL; 157 MG SOD; 2 G FIBER; 10 G SUGARS

3rd Place Sonya Sargent, Los Angeles Prize: \$200

For this recipe, Sonya Sargent took inspiration from the Danish pastries sold in Solvang, Calif., a Danish village in the Santa Ynez Valley, where she goes to escape the hustle and bustle of Los Angeles. "I love the pastries I've had there, so I tried to figure out how to make this cake healthier and less fattening but still reflect what they do in Solvang," she explains. Sonya's own vegetarian cookbook should be finished by the time you read this.

Danish Almond Streusel Cake

SERVES 10

Serve this lightly sweet cake for brunch or with afternoon tea.

STREUSEL

- ½ cup slivered almonds
- ½ cup **Florida Crystals** organic brown sugar
- 1½ Tbs. all-purpose flour
- 1 Tbs. cold unsalted butter, cut in pieces
- 1 Tbs. **Simply Organic** ground cinnamon

CAKE

- ¾ cup **Florida Crystals** natural cane sugar
- ¾ cup **Spectrum** organic virgin coconut oil, warmed until liquid
- 1 large egg
- 1½ cups all-purpose flour
- ½ tsp. baking soda
- ½ tsp. baking powder
- ¾ tsp. salt
- ¾ cup low-fat milk or soy milk
- ½ Tbs. **Simply Organic** vanilla extract

1. Preheat oven to 350°F. To make Streusel: Stir together almonds, brown

sugar, flour, butter, and cinnamon in small bowl. Set aside.

2. Coat 8-inch round cake pan with cooking spray, and sprinkle one-third Streusel mixture over bottom of pan.

3. To make Cake: Beat sugar, coconut oil, and egg with electric mixer in bowl until smooth and creamy. Add flour, baking soda, baking powder, and salt; beat until smooth. Slowly add milk and vanilla. Beat 4 minutes at medium speed until batter is smooth and creamy. Remove 1 cup batter, and set aside. Pour remaining batter in prepared baking pan. Sprinkle half of remaining Streusel over batter in pan, then add reserved cup of batter. Sprinkle remaining Streusel on top. Bake 40 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes before serving.

PER SLICE: 280 CAL; 5 G PROT; 10 G TOTAL FAT (6 G SAT FAT); 43 G CARB; 25 MG CHOL; 139 MG SOD; 2 G FIBER; 26 G SUGARS

2010 Reader Recipe Contest

Honorable Mention **Val Falstad**, Evanston, Ill.

"My family is Russian and a lot of traditional recipes have been lost over the years," says computer programmer Val Falstad. "I have been trying to redevelop a lot of them to maintain the recipe heritage, and also make them my own." Her greatest compliment on this recipe came from her brother, who, between bites of his third slice, said, "I don't even like dark breads, but there's something about this bread and I can't stop eating it!"

Russian Black Bread

MAKES 1 LOAF

Serve this dense, satisfying bread with a meal, or slice for sandwiches.

- 2¼ tsp. active dry yeast
- ¾ tsp. sugar
- 2 cups **Bob's Red Mill** dark rye flour
- 2 cups all-purpose flour, divided
- 1¼ Tbs. caraway seeds, crushed
- 1 tsp. finely ground coffee beans
- 1 tsp. **Simply Organic** onion powder
- 1 tsp. salt
- ¼ tsp. **Simply Organic** fennel seeds, crushed
- 2 Tbs. **Fleischmann's** white vinegar
- 2 Tbs. dark molasses
- ½ oz. unsweetened chocolate

- 2 Tbs. margarine
- Vegetable oil, for greasing bowl and pan
- ½ tsp. cornstarch

1. Stir together yeast, sugar, and ¼ cup warm water in bowl. Let stand 10 minutes. Whisk together rye flour, ½ cup all-purpose flour, caraway seeds, coffee, onion powder, salt, and fennel seeds in bowl. Combine 1 cup water, vinegar, molasses, chocolate, and margarine in saucepan, and heat over low heat until margarine and chocolate are melted.
2. Stir molasses mixture into rye flour mixture. Add yeast mixture, and stir with wooden spoon 2 minutes. Add remaining all-purpose flour ½ cup at a time, until soft dough forms. Transfer to

floured work surface. Let rest 15 minutes. Knead 15 minutes. Place dough in bowl coated with vegetable oil. Let rise 1 hour, or until doubled in size.

3. Preheat oven to 350°F. Coat baking sheet with oil. Shape dough into ball, and place on prepared baking sheet. Bake 50 minutes, or until bread sounds hollow when tapped.

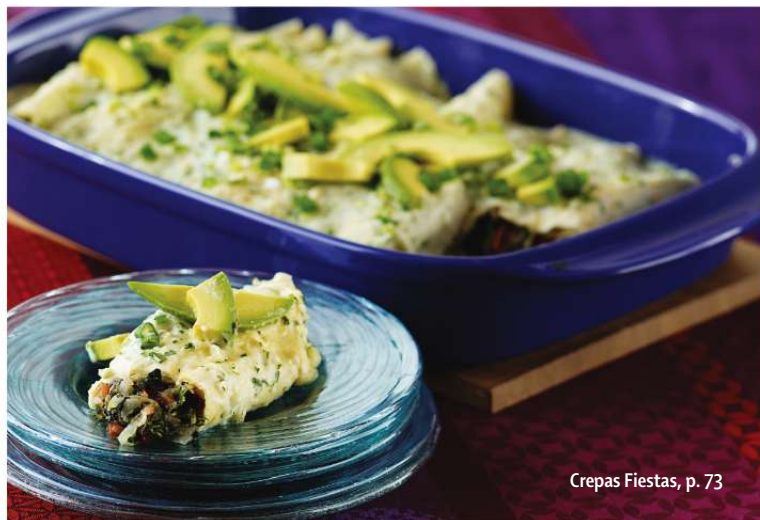
4. Bring cornstarch and ¼ cup water to a boil in saucepan. Cook 1 minute, stirring constantly. Brush cornstarch mixture over top of loaf. Bake 2 to 3 minutes more. Cool on wire rack.

PER SLICE: 281 CAL; 8 G PROT; 5 G TOTAL FAT
(1 G SAT FAT); 51 G CARB; 0 MG CHOL; 328 MG SOD;
9 G FIBER; 5 G SUGARS

continued on p. 71



Russian Black Bread



Crepas Fiestas, p. 73



Christmas Chick'n Filets and
Potato Salad, p. 71

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Honorable Mention

Elisabeth Redman, Atlanta

When Elisabeth Redman feels homesick for her native Czech Republic, she likes to re-create this traditional Christmas meal from her homeland. "With the sweet pickles and root vegetables, the potato salad is different from American potato salad, which is usually a spring or summer side dish. I've made my version vegan too."

Christmas Chick'n Filets and Potato Salad

SERVES 8

Traditional Christmas dinner in the Czech Republic is fried carp or fried chicken and potato salad. Here, the chicken is replaced by Gardein Chick'n.

- 1 small celery root, peeled and cut into ¼-inch cubes (2 cups)
- 2 large carrots, peeled and cut into ¼-inch cubes (1 cup)
- 2 parsnips, peeled and cut into ¼-inch cubes (1 cup)
- 1 cup frozen peas
- 6 large white potatoes, peeled and cut into ½-inch cubes (4 cups)
- 1 large onion, finely chopped (2 cups)
- 1 cup **Follow Your Heart** Original Vegenaise
- ½ cup finely chopped sweet pickles
- 2 Tbs. yellow mustard
- 2 Tbs. **Fleischmann's** organic white vinegar
- 1 tsp. **Florida Crystals** natural cane sugar
- 2 7-oz. pkg. **Gardein** Chick'n Filets or
- 2 9-oz. pkg. **Gardein** Seven Grain Crispy Tenders
- 1 lemon, cut into 8 wedges

1. Cook celery root, carrots, and parsnips in large pot of boiling water 10 minutes. Add peas, and cook 5 minutes more. Drain, and cool completely.

2. Meanwhile, place potatoes in large pot of cold salted water, and bring to a boil. Reduce heat to medium-low, and simmer 15 to 20 minutes, or until tender. Drain, and cool completely.

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Isa Chandra Moskowitz is a Brooklyn native who began her vegan cooking journey almost twenty years ago. She's inspired by New York City's cuisine from all over the world, as well as her own Jewish heritage, and she loves to fuse the two. Isa is the author of the bestselling books *Veganomicon: The Ultimate Vegan Cookbook*, *Vegan with a Vengeance*, *Vegan Cupcakes Take over the World*, and *Vegan Brunch Book*. Isa's new book, *Appetite for Reduction*, is due out in January.

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Joan Borysenko, Ph.D.

Dr. Joan Borysenko is a world-famous pioneer in integrative medicine, television personality, and New York Times best selling author of 14 books, including *It's Not the End of the World: Developing Resilience in Times of Change*. Brilliant, authentic and humorous, she is one of the most sought-after teachers of our time.



Marilu Henner

Award winning star of stage, screen, and TV and New York Times best-selling author of seven health and fitness books including *Marilu Henner's Total Health Makeover*. On Marilu.com she teaches classes based on her books, and her series *Shape Up Your Life* is currently seen on the Discovery Network's FitTV.



Sherri Baptiste

Sherri Baptiste is an internationally known inspirational yoga teacher. The daughter of two yoga-health-fitness pioneers, Magana and Walt Baptiste, founder of Baptiste Power of Yoga and author of *Yoga with Weights for Dummies*, Sherri is featured in video, DVD, and CD programs that include "Power of Yoga" and "Power of Meditation."



Christina Pirello

Christina is a nationally known vegetarian/vegan chef, Emmy Award-winning TV celebrity hosting her own show, "Christina Cooks," and author of several best-selling cookbooks including *Cooking the Whole Foods Way*, *This Crazy Vegan Life*, and her latest, *I'm Mad As Hell and I'm Not Gonna Eat It Anymore!*



Will Tuttle, Ph.D.

Dr. Will Tuttle, an award-winning writer, pianist, and composer, has presented widely throughout America and Europe. Author of the best selling *The World Peace Diet*, he has taught college courses in mythology, comparative religion, and creativity. A Dharma Master in the Zen tradition, he has practiced meditation for over 30 years.

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3. Stir together onion, Vegenaïse, pickles, mustard, vinegar, and sugar in large bowl. Add cooled vegetables, and stir until combined. Season with salt and pepper, if desired.
4. Prepare Chick'n Filets according to package directions. Serve warm Chick'n Filets with potato salad and lemon wedges.

PER SERVING (1 CHICK'N FILET AND 1 CUP POTATO SALAD): 387 CAL; 14 G PROT; 20 G TOTAL FAT (2 G SAT FAT); 39 G CARB; 0 MG CHOL; 612 MG SOD; 6 G FIBER; 9 G SUGARS 

Honorable Mention

Andrea Love, Phoenix

Andrea Love discovered *crepas* through her husband's family, who make the Mexican casserole for special occasions. For this veg version, she replaced the meat with a mixture of mushrooms and spinach.

Crepas Fiestas

SERVES 8

This dish is assembled like enchiladas, but instead of corn tortillas, the fillings are rolled into *crêpes*.

CREPAS

- 2 large eggs, beaten
- $\frac{1}{4}$ tsp. sea salt
- 1 cup **Bob's Red Mill** unbleached white flour, sifted

FILLING

- 3 Tbs. olive oil, divided
- 1 tsp. **Simply Organic** cumin
- 1 tsp. **Simply Organic** oregano
- 2 large portobello mushroom caps
- $\frac{1}{2}$ cup chopped onion
- 1 clove garlic, minced (1 tsp.)
- 2 Roma tomatoes, seeded and chopped ($\frac{1}{2}$ cup)
- 1 16-oz. pkg. frozen spinach, thawed
- 2 jarred roasted red peppers, sliced
- 1 cup reduced-fat shredded pepper Jack cheese
- 1 **Mexican Avocado**, chopped (1 cup)
- 2 Tbs. chopped green onions

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SAUCE

- 1 Tbs. unsalted butter
- 2 Tbs. **Bob's Red Mill** unbleached white flour
- 1 cup 1% low-fat milk
- $\frac{3}{4}$ cup grated manchego cheese
- $1\frac{1}{2}$ Tbs. chopped cilantro
- 1 pinch **Simply Organic** nutmeg

1. To make Crepas: Whisk together eggs, salt, and 1 cup water in bowl. Whisk in flour. Coat nonstick skillet with cooking spray, and heat over medium heat. Swirl $\frac{1}{4}$ cup batter in skillet to coat bottom. Cook 2 to 3 minutes. Flip, and cook 1 minute more. Transfer to paper-towel-lined plate. Repeat with remaining batter, placing paper towel between each Crepa to prevent sticking. Set aside.

2. To make Filling: Combine 2 Tbs. oil, cumin, and oregano in bowl; add mushrooms, and toss to coat. Heat skillet over high heat. Cook mushrooms 7 to 10 minutes, or until soft. Cool, and slice each mushroom into 5 strips.

3. Heat 1 Tbs. oil in skillet over medium heat. Add onion, and sauté 4 minutes. Add garlic, tomatoes, and spinach. Cook 5 minutes, or until liquid is absorbed.

4. To make Sauce: Melt butter in saucepan over medium heat. Whisk in flour, and cook 2 minutes. Whisk in milk, cheese, and cilantro. Cook 3 to 4 minutes, or until sauce thickens, whisking constantly. Stir in nutmeg, and season with salt and pepper, if desired.

5. To assemble: Preheat oven to 350°F. Ladle $\frac{1}{4}$ cup Sauce in bottom of large glass baking dish. Spoon 2 Tbs. spinach mixture onto 1 Crepa. Top with 1 portobello strip, 1 roasted red pepper strip, and 2 Tbs. pepper Jack cheese. Roll up, and place seam-side-down in baking dish. Repeat with remaining Crepas and Filling, packing Crepas tightly together. Top with remaining Sauce, and bake 15 minutes. Garnish with avocado and green onions.

PER CREPA: 291 CAL; 14 G PROT; 17 G TOTAL FAT (6 G SAT FAT); 23 G CARB; 76 MG CHOL; 357 MG SOD; 4 G FIBER; 4 G SUGARS



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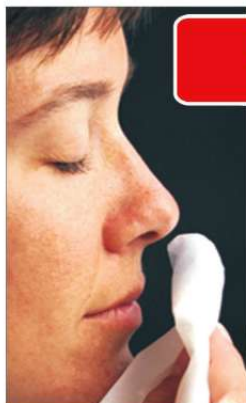
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This chameleon of stage and screen stands firm on animal welfare

Alan Cumming

"Triple threat" doesn't come close to describing Alan Cumming, 45, whose talent has blazed across movie and TV screens, theater stages, and concert halls. If you didn't catch him in *X-Men 2* or the *Spy Kids* franchise, perhaps you've seen his Emmy-nominated turn on *The Good Wife*, or heard a cut from his CD, *I Bought a Blue Car Today*. After a day of filming the British miniseries *The Runaway* in South Africa, New York-based Cumming took a rare break to talk to VT.

Q Did an "aha" moment lead you to vegetarianism, or was it a process?

A I just don't like meat. Rotten carcasses don't feel good inside in my body. I've also seen some horrible documentaries about the hormones and things that go into meat. On a health level, meat is so scary. I used to eat fish, but with fish there's that mercury awfulness.

Q Any foods you can't live without?

A I love hummus. And I'm nuts about almonds, ha-ha! I keep them in every bag and pocket. I'm also a big soup fan. It's not just about staying away from meat, it's about keeping things in your diet that make you feel good. That's why you eat vegetarian in the first place.

Q What's your specialty as a cook?

A I always make soup. I don't cook terribly often in New York, but when I'm upstate in the Catskills, I love going to the farmers' market and getting local produce. Local and organic is the best way to make really good food. Upstate, you can also talk to friends about cooking. You mill around in the kitchen, chatting, for ages.

Q How did Honey and Leon, two rescue dogs, come into your life?

A A friend of mine was fostering Honey, who's a collie-shepherd mix. She was 6 months old and a crazy little thing. I fell in love with her, took her in, and smothered her

with love. Now she's 10, and a well-balanced, lovely dog. Leon's a Chihuahua. We adopted him from the owner of the antique shop where Grant [artist Grant Shaffer, Cumming's spouse] first met him. The heartening thing is that when you make dogs feel safe, love them, and assure them it's going to be all right, they become happy.

Q Famously, you lambasted fur-wearers from a Broadway stage when you played the emcee in *Cabaret* [for which Cumming won a Tony Award]. To break character, your feelings must have been intense?

A I said, "How many animals were culled for that?" I think killing to make or eat things is horrific. It seems like there was a movement against wearing fur in fashion, but overnight it's fine again. I hate the way we pay lip service to issues like that. It saddens me these things are fads.

Q You were recently awarded an Order of the British Empire by Queen Elizabeth. Is there anything you didn't get to say to her in person?

A A few years ago, I signed a petition asking the queen to stop using bearskin for those helmets [worn by Buckingham Palace guards] that tourists take pictures of. I didn't get a chance to say this to the queen, but she should use a nice synthetic fiber for the helmets. 🍀

New York-based freelance writer Michael Kaminer frequently suppresses the urge to berate fur-wearers on the streets of Manhattan.

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